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rollingsurfer EM-01

Rollingsurfer Under Desk Elliptical Machine User Manual

Model: EM-01

1. Introduction

Thank you for choosing the Rollingsurfer Under Desk Elliptical Machine. This electric trainer is designed to provide a convenient and effective way to incorporate exercise into your daily routine, whether at home or in the office. Its compact size and quiet operation make it ideal for maintaining activity without disruption. This manual provides essential information for safe and efficient use of your new elliptical machine.



Figure 1: Rollingsurfer Under Desk Elliptical Machine

2. Safety Information

Please read all safety instructions carefully before using the machine. Failure to follow these instructions may result in injury or damage to the product.

- **Do not stand on the machine.** This device is designed for seated use only.
- Consult your doctor before use if you have any special medical conditions or concerns.
- Keep children and pets away from the machine during operation to prevent accidental injury.
- Ensure the machine is placed on a stable, flat surface during use.
- Do not use the machine if the power cord or plug is damaged.
- Unplug the machine from the power outlet when not in use or before cleaning.

3. Package Contents

Verify that all items are present in the package:

- Rollingsurfer Under Desk Elliptical Machine
- Remote Control
- Charging Cord
- Instruction Manual (this document)

4. Product Overview

Familiarize yourself with the main components of your Rollingsurfer elliptical machine.



Figure 2: Key Components

- **Pedals:** Large, anti-slip foot pedals for comfortable and secure use.
- **Main Unit:** Houses the motor and control panel.
- **LCD Display:** Shows real-time exercise data such as time, distance, speed, counters, and calories.
- **Control Panel:** Buttons for manual operation and mode selection.

- **Portable Handle:** Integrated handle for easy transport.
- **Remote Control:** Allows convenient adjustment of settings without bending down.

5. Setup

The Rollingsurfer Under Desk Elliptical Machine comes fully assembled and ready for use. No additional assembly is required.

1. **Placement:** Place the elliptical machine on a flat, stable surface under your desk or in front of your chair/sofa. Ensure there is enough clear space around the machine for comfortable use.
2. **Power Connection:** Connect the charging cord to the machine and plug it into a standard electrical outlet. The machine needs to be plugged in before use.
3. **Seating Position:** Sit comfortably in your chair with your feet placed on the pedals. Adjust your seating distance to ensure a natural and comfortable pedaling motion.



Figure 3: Proper Seating and Placement

6. Operating Instructions

Your Rollingsurfer elliptical offers both automatic and manual operating modes, controlled via the built-in display or the remote control.

6.1 Powering On/Off

- Press the **POWER** button on the machine's control panel or the remote control to turn the machine on or off.

6.2 Modes of Operation

There are two primary modes:



Figure 4: Manual Mode (HR) vs. Auto Mode (P1/P2/P3)

- **Auto Mode (P1-P3):** The machine automatically adjusts speed and direction within a 30-minute cycle. Speed and direction cannot be changed manually in this mode.
- **Manual Mode (HR):** Offers 5 levels of speed adjustment (from 1.5 KM/h to 5.7 KM/h) and allows you to change the pedaling

direction (clockwise or counterclockwise).

6.3 Using the Remote Control

The remote control provides convenient access to all functions:



Figure 5: Remote Control Functions

- **START/STOP:** Begins or pauses the exercise.
- **FUNCTION:** Cycles through display data (Time, Distance, Speed, Counter, Calories).
- **DIRECTION:** Changes the pedaling direction (forward/backward) in Manual Mode.
- **MODE:** Switches between Auto (P1, P2, P3) and Manual (HR) modes.
- **SPEED (+/-):** Increases or decreases the speed in Manual Mode (5 levels).
- **POWER:** Turns the machine on or off.

6.4 LCD Display

The built-in LCD display provides real-time feedback on your workout:



Figure 6: Easy-to-Read LCD Screen

- **SCAN:** Automatically cycles through all data metrics.
- **TIME:** Duration of your current exercise session.
- **DISTANCE:** Estimated distance covered.
- **SPEED:** Current pedaling speed.
- **COUNTER:** Total number of pedal rotations.
- **CALORIE:** Estimated calories burned.

7. Maintenance

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

- **Cleaning:** Wipe down the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.

- **Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size and portable handle make storage easy.
- **Inspection:** Periodically check all parts for any signs of wear or damage. Ensure all connections are secure.



Figure 7: Easy Storage and Portability

8. Troubleshooting

If you encounter any issues with your Rollingsurfer elliptical machine, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Not plugged in; power outlet issue; power button not pressed.	Ensure the power cord is securely plugged into the machine and a working outlet. Press the POWER button.

Problem	Possible Cause	Solution
Remote control is not working.	Low battery; obstruction; remote not paired (unlikely for this model).	Replace the remote control battery. Ensure no obstructions between the remote and the machine. If issues persist, contact customer support.
Pedals are not moving smoothly.	Obstruction; machine on uneven surface.	Check for any foreign objects obstructing the pedals. Ensure the machine is on a flat, stable surface.
Unusual noise during operation.	Loose component; internal issue.	Stop using the machine immediately. Check for any loose parts. If the noise continues, contact customer support.

9. Specifications

Detailed technical specifications for the Rollingsurfer Under Desk Elliptical Machine:

Feature	Detail
Model Name	EM-01
Brand	rollingsurfer
Product Dimensions (LxWxH)	17.3"D x 15"W x 9"H (43.9cm x 38cm x 22.9cm)
Item Weight	6.7 Kilograms (14.8 lbs)
Maximum Weight Recommendation	120 Kilograms
Controls Type	Remote
Display Type	LCD
Number of Resistance Levels	5
Operation Mode	Automatic / Manual
Power Source	Corded Electric
Material	Aluminum Alloy
Included Components	Charging Cord, Elliptical Machine, Instruction Manual, Remote

10. Warranty and Support

Your Rollingsurfer Under Desk Elliptical Machine comes with a **1-Year Warranty** from the date of purchase.
For warranty claims, technical support, or any questions not covered in this manual, please contact Rollingsurfer customer service through the retailer's platform or the official brand website. Please have your model number (EM-01) and purchase details ready when contacting support.

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