

[Manuals.plus](#) /

› [gridinlux](#) /

› gridinlux Electric Pedal Exerciser / Mini Elliptical - Model 1 User Manual

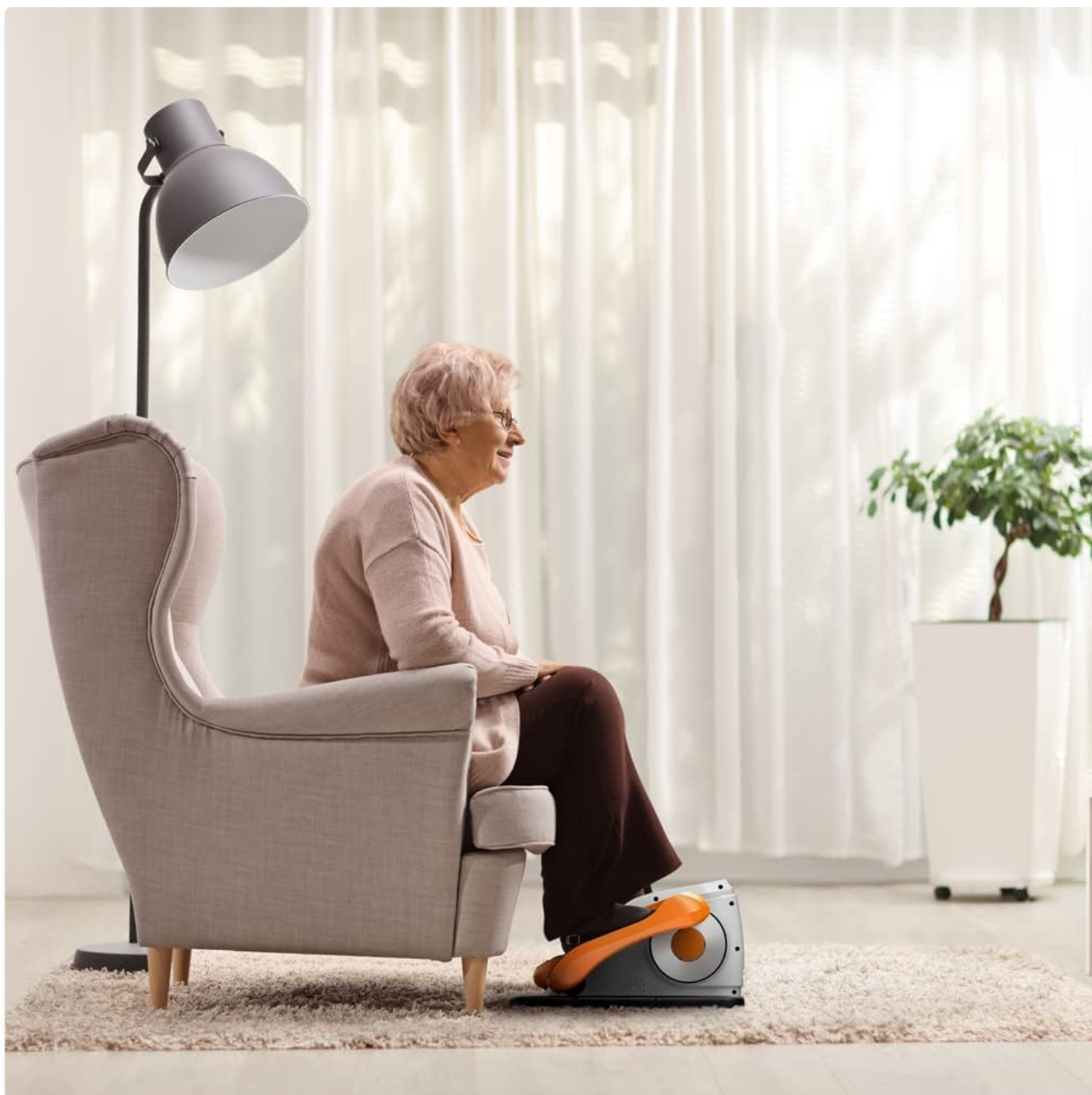
gridinlux 1

gridinlux Electric Pedal Exerciser / Mini Elliptical - Model 1 User Manual

Enhance your mobility and well-being

1. INTRODUCTION

Thank you for choosing the gridinlux Electric Pedal Exerciser. This device is designed to provide a gentle, low-impact exercise for your legs while seated, promoting circulation and muscle activity. It is suitable for various users, including those in rehabilitation or individuals seeking to maintain an active lifestyle from the comfort of their home or office. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new pedal exerciser. Please read it thoroughly before first use and keep it for future reference.



An elderly user demonstrating the seated operation of the gridinlux Electric Pedal Exerciser.

2. SAFETY INFORMATION

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the pedal exerciser.

- Consult your physician before starting any exercise program, especially if you have pre-existing medical conditions.
- Use the device only as described in this manual.
- Place the exerciser on a stable, level surface. Ensure adequate space around the device.
- Do not exceed the maximum user weight recommendation of 130 kg.
- Keep children and pets away from the device during operation.
- Ensure the power adapter (if applicable) is correctly connected and the power cord is not damaged or tangled.
- Do not use the device if it is damaged or malfunctioning. Contact customer support.

- Avoid placing hands or feet near moving parts during operation.
- Always sit comfortably and maintain proper posture while using the exerciser.

3. PACKAGE CONTENTS

Upon unpacking, please ensure all the following items are present:

- gridinlux Electric Pedal Exerciser Main Unit
- Remote Control
- Power Adapter (for main unit)
- User Manual



The gridinlux Electric Pedal Exerciser and its remote control.

4. PRODUCT OVERVIEW

The gridinlux Electric Pedal Exerciser features a compact design for easy use and storage. Key components include:

- **Pedals:** Ergonomically designed for comfortable foot placement, often with textured surfaces for grip and massage points.
- **Digital Display:** An LCD screen showing exercise data.
- **Control Panel:** Buttons on the unit for manual operation.
- **Remote Control:** For convenient adjustment of settings without bending down.
- **Carrying Handle:** Integrated for easy portability.
- **Anti-slip Base:** Ensures stability during use.



Digital display and control panel showing exercise metrics.



Detail of the foot pedal with integrated massage points.



Convenient remote control storage slot.

5. SETUP

The gridinlux Electric Pedal Exerciser comes pre-assembled, allowing for immediate use without complex setup procedures.

1. **Placement:** Place the exerciser on a flat, stable surface in front of your chair or sofa. Ensure there is enough space for your legs to move freely.
2. **Power Connection:** Connect the power adapter to the exerciser's power input and then plug it into a suitable electrical outlet.
3. **Remote Control Batteries:** Insert 2 AAA batteries (not included) into the remote control, observing polarity.



Anti-slip base for secure placement during exercise.

6. OPERATING INSTRUCTIONS

The pedal exerciser offers both automatic programs and a manual mode, controlled via the unit's panel or the remote control.

6.1 Power On/Off

- Press the **POWER** button on the unit or remote to turn the device on or off.

6.2 Selecting Modes

The device features 3 automatic programs (P1, P2, P3) and 1 manual mode (HR).

- Press the **MODE** button on the unit or remote to cycle through the available programs (P1, P2, P3) and manual mode (HR).
- **P1, P2, P3:** These are pre-set automatic programs with varying speeds and directions.
- **HR (Manual Mode):** Allows you to manually adjust speed and direction.



Select from Manual (M) or Programmed (P1, P2, P3) modes.

6.3 Adjusting Speed and Direction (Manual Mode)

In HR (Manual) mode, you can customize your workout:

- Press the **SPEED** buttons (+/-) on the unit or remote to increase or decrease the pedal speed. There are up to 5 speed levels.
- Press the **DIRECTION** button on the unit or remote to change the pedaling direction (forward or backward).



Using the remote control to adjust settings while exercising.

6.4 Digital Display Functions

The LCD display provides real-time feedback on your exercise:

- **TIME:** Duration of your current exercise session.
- **DISTANCE:** Estimated distance covered.

- **SPEED:** Current pedaling speed (RPM).
- **COUNTER:** Total number of pedal rotations.
- **CALORIES:** Estimated calories burned.
- Press the **FUNCTION** button to cycle through these display metrics or activate SCAN mode to automatically rotate through them.



The digital display provides real-time exercise data.

6.5 Automatic Shut-off

The device is equipped with an automatic shut-off feature that activates after 30 minutes of inactivity to conserve energy.



The exerciser features a 30-minute auto-off function.

7. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your pedal exerciser.

- **Cleaning:** Wipe the device with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure no liquid enters the control panel or motor area.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check for any loose parts or unusual wear. If any issues are found, discontinue use and contact customer support.
- **Remote Control:** Replace batteries when the remote's functionality diminishes. Remove batteries if the remote will not be used for an extended period.

8. TROUBLESHOOTING

If you encounter any issues with your gridinlux Electric Pedal Exerciser, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not power on.	Power adapter not connected or faulty.	Ensure the power adapter is securely plugged into the device and a working electrical outlet. Test the outlet with another appliance.
Remote control not working.	Batteries are dead or incorrectly inserted.	Replace the remote control batteries, ensuring correct polarity. Ensure there are no obstructions between the remote and the device's sensor.
Pedals are not moving smoothly or making unusual noise.	Obstruction or internal issue.	Turn off the device and check for any obstructions around the pedals. If the issue persists, discontinue use and contact customer support.
Display is not showing correct data.	Sensor issue or temporary glitch.	Turn off the device, unplug it, wait a few minutes, then plug it back in and restart. If the problem continues, contact customer support.

If you experience any problems not listed here, or if the suggested solutions do not resolve the issue, please contact gridinlux customer support for assistance.

9. SPECIFICATIONS

Feature	Specification
Model Number	1
Brand	gridinlux
Maximum Weight Recommendation	130 Kilograms
Control Type	Remote
Display Type	LCD
Handle Type	Carrying handle
Maximum Speed	5 RPM (Pedal Rotations Per Minute)
Maximum Stride Length	40 Centimeters
Number of Resistance Levels	5
Operating Mode	Automatic / Manual
Power Source	Mains Powered (for unit), Battery (for remote)
Dimensions (L x W x H)	24.5 x 44.5 x 39 cm
Product Weight	5.3 Kilograms
Material	Aluminum

10. WARRANTY AND SUPPORT

Your gridinlux Electric Pedal Exerciser is covered by a **3-year warranty** from the date of purchase, ensuring peace of mind regarding its quality and performance.

For warranty claims, technical support, or any questions regarding your product, please contact gridinlux customer service through the retailer where you purchased the device or visit the official gridinlux website for contact information. Please retain your proof of purchase for warranty validation.

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

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

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

<https://manuals.plus/asin/B0B2918D9Q>

More documents and user manuals: **<https://manuals.plus/>**