

RHYTHM FUN U3

RHYTHM FUN U3 Elliptical Training Machine User Manual

Model: U3

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your RHYTHM FUN U3 Elliptical Training Machine. Please read this manual thoroughly before assembly and operation. Retain this manual for future reference.

2. SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use. Periodically check for loose components.
- Place the elliptical on a flat, stable surface. Use a protective mat to prevent floor damage.
- Keep children and pets away from the machine during operation.
- Maximum user weight capacity: 265 lbs (120 kg).
- Wear appropriate athletic footwear during exercise.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. PRODUCT OVERVIEW

The RHYTHM FUN U3 Elliptical Training Machine is designed for home use, offering a compact and quiet cardio workout experience.

3.1 Key Features

- **Hyper-Quiet Magnetic Drive System:** Operates at less than 25dB.
- **16-Level Magnetic Resistance:** Electronically adjustable for varied intensity.

- **Smart LED Display:** Shows TIME, SPEED, DISTANCE, CALORIES, PULSE, RESISTANCE LEVELS.
- **Heart Rate Handrails:** Integrated sensors for heart rate monitoring.
- **Kinomap APP Connectivity:** Track and share workout data.
- **Compact Design:** Occupies approximately 0.5 square meters of space.
- **Easy Mobility:** Equipped with transport wheels.

3.2 Components



Figure 1: RHYTHM FUN U3 Elliptical Training Machine. This image displays the complete elliptical machine with its main components

including the console, handlebars, pedals, and base.



One touch to reach your sports ignition point !



Smart Electronic
One "Home" button control !
Much more precise resistance & range !



16 Levels resistance display
TIME DIST ODO CAL PULSE, RPM !
1-5 levels: Basic cardio exercise.
6-11 levels: Endurance training.
12-16 levels: Build muscle training.

Note: Ipad in the picture For Show, Not for Sale.

Figure 2: Smart Electronic Control and Resistance Levels. This image highlights the smart electronic "Home" button control for adjusting resistance and the display showing various workout metrics and resistance levels (1-16).

Magnetic flywheel. Two-way Moving.

New Magnetic Transmission Design
Great inertia & resistance !
Smooth, Steady & Quiet !

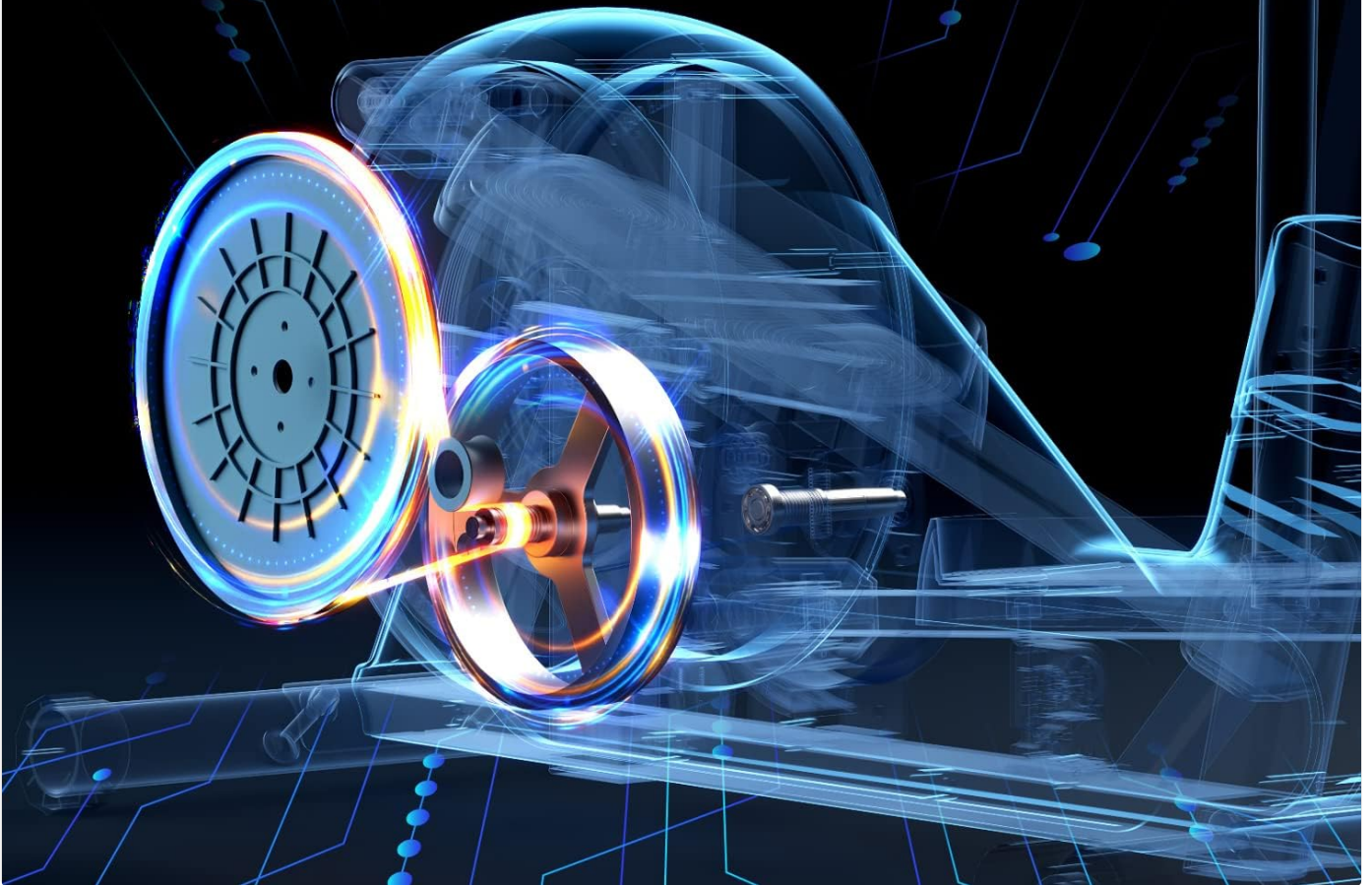


Figure 3: Magnetic Flywheel and Two-Way Moving System. An X-ray view illustrating the internal magnetic transmission design, emphasizing the smooth, steady, and quiet operation.

Multi-Function Elliptical machine for home office

– Combine 3 sport modes in one –



Treadmill running



Stepping exercise



Exercise bike cycling

Note: Ipad in the picture For Show, Not for Sale.

Figure 4: Multi-Function Elliptical Machine. This image demonstrates the elliptical's capability to simulate running, stepping, and cycling exercises, combining three sport modes into one.

4. SETUP AND ASSEMBLY

The RHYTHM FUN U3 Elliptical Training Machine arrives approximately 90% pre-assembled, allowing for quick setup within 30 minutes. All necessary installation tools are included.

4.1 Unpacking

- Carefully remove all components from the packaging.
- Place the main frame on a soft surface or the flattened cardboard box to prevent scratching floors.
- Verify all parts listed in the assembly guide are present.

4.2 Assembly Steps

1. Attach the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure all connections are secure.
2. Connect the upright post to the main frame.
3. Install the handlebars and pedal arms. Pay close attention to the left and right markings.
4. Attach the pedals to the pedal arms. Ensure the bolts are fully engaged. If bolts appear too long, ensure the rubber grommets are fully seated or consider adding extra washers if necessary for a secure fit.
5. Connect the console cables to the main frame.
6. Mount the console onto the upright post.
7. Perform a final check of all bolts and connections to ensure stability.

Note: An installation video may be available from the manufacturer if further assistance is required.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off

The elliptical machine powers on automatically when you begin pedaling or press any button on the console. It will power off after a period of inactivity.

5.2 Adjusting Resistance

The RHYTHM FUN U3 features a smart electric magnetic button for resistance adjustment. Press the button to cycle through 16 levels of resistance. Higher numbers indicate greater resistance.

- **Levels 1-5:** Basic cardio exercise.
- **Levels 6-11:** Endurance training.
- **Levels 12-16:** Muscle strengthening training.

Customize your personal cardio training with Kinomap APP!



Note: Ipad in the picture For Show, Not for Sale.

Figure 5: Kinomap APP Integration. This image shows a user exercising on the elliptical while connected to the Kinomap app, displaying real-time workout data and virtual routes.

5.3 LED Display Functions

The integrated LED display provides real-time workout data:

- **TIME:** Duration of your workout.
- **SPEED:** Current speed.
- **DISTANCE:** Total distance covered.
- **CALORIES:** Estimated calories burned.
- **PULSE:** Heart rate (requires holding heart rate handrails).
- **RESISTANCE LEVELS:** Current resistance setting.

5.4 Heart Rate Monitoring

Grasp the heart rate sensors on the handrails firmly with both hands to display your pulse on the LED screen. Ensure

your hands are clean and dry for accurate readings.

5.5 Kinomap Smart Workout APP

Download the Kinomap app from your device's app store. Connect your RHYTHM FUN U3 elliptical via Bluetooth to the app. The app allows you to:

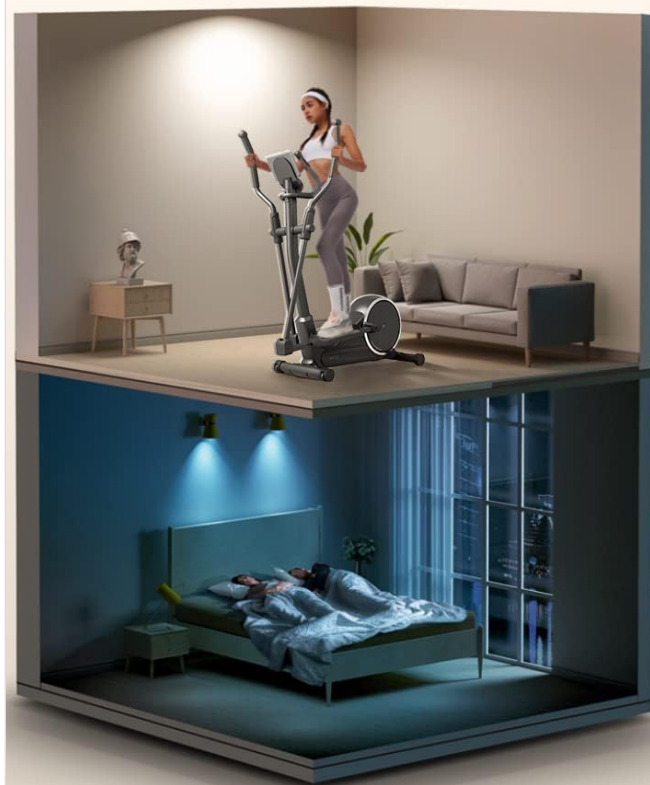
- Record and review your training data.
- Access interactive workout videos and virtual routes.
- Share fitness data on social media.

6. MAINTENANCE

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Bolt Check:** Periodically inspect all bolts, nuts, and connections for tightness. Tighten any loose components to ensure stability and safety.
- **Lubrication:** No specific lubrication is required for the magnetic drive system.
- **Storage:** Store the elliptical in a dry, cool place away from direct sunlight and moisture. The integrated wheels allow for easy movement.

Magnetic Driving System Silent & Quiet !

Mini & Compact ! Easy to Move !



Note: Ipad in the picture For Show, Not for Sale.

Figure 6: Hyper-Quiet Magnetic Drive System and Compact Design. This image illustrates the elliptical's quiet operation (less than 25dB) and its compact footprint, making it suitable for small living spaces.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine wobbles during use.	Loose assembly bolts, uneven surface.	Ensure all assembly bolts, especially on the base and foot pads, are securely tightened. Place the machine on a level surface. If bolts for foot pads seem too long, ensure rubber grommets are fully seated or consider adding extra washers if necessary for a tighter fit.
Display not working.	Loose cable connection, no power.	Check that all console cables are securely connected. Ensure batteries (if applicable, though product states 'No' for batteries included) are correctly installed or that the machine is receiving power.

Problem	Possible Cause	Solution
Resistance not changing or feels too low.	Electronic control issue, magnetic system malfunction.	Verify the smart electric button is functioning. If the issue persists, contact customer support.
Heart rate reading is inaccurate or not displayed.	Improper hand placement, dry hands.	Ensure both hands are firmly and completely grasping the heart rate sensors. Ensure hands are clean and slightly moist for better contact.

8. SPECIFICATIONS

Feature	Detail
Model Name	RF-U3B-CY
Product Dimensions (L x W x H)	110.01 x 59.51 x 151.99 cm (43.3 x 23.4 x 59.8 inches)
Item Weight	31.98 kg (70.5 lbs)
Maximum Weight Recommendation	265 lbs (120 kg)
Resistance Mechanism	Magnetic
Resistance Levels	16
Flywheel Weight	8 lbs
Maximum Stride Length	13 inches
Display Type	LCD
Display Metrics	Time, Speed, Distance, Calories, Pulse, Resistance Levels
Material	Alloy Steel
Color	Black
Included Components	Elliptical machine and installation tools

9. WARRANTY AND SUPPORT

The RHYTHM FUN U3 Elliptical Training Machine comes with a**12-month warranty**. For any questions, technical assistance, or warranty claims, please contact RHYTHM FUN customer support. They offer 24-hour customer support. Please refer to your purchase documentation or the RHYTHM FUN official website for specific contact details.

ASK A QUESTION ABOUT THIS MANUAL

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