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› Soozier Under Desk Elliptical Exercise Machine User Manual

Soozier A90-302

Soozier Under Desk Elliptical Exercise Machine

Model: A90-302



INTRODUCTION

Thank you for choosing the Soozier Under Desk Elliptical Exercise Machine. This compact and versatile exerciser is designed to provide a convenient way to stay active while working, relaxing, or recovering. With adjustable speed and direction, an easy-to-read LCD display, and remote control operation, it offers a personalized and effective workout experience. Please read this manual thoroughly before use to ensure proper operation, maintenance, and safety.



Image: The Soozier Under Desk Elliptical Exercise Machine, showing its compact design, foot pedals, main unit with display, and accompanying remote control.

IMPORTANT SAFETY INFORMATION

WARNING: Proposition 65 Warning. This product can expose you to chemicals including Lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov.

- Read all instructions before using this appliance.
- Keep children and pets away from the machine during use.
- Place the machine on a stable, level surface.
- Ensure adequate space around the machine for safe operation.
- Do not use the machine if you weigh over 264 lbs (120 kg).
- Do not stand on the machine. It is designed for seated use only.
- Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

- Keep hands and feet clear of all moving parts.
- Unplug the machine from the power outlet when not in use or before cleaning.

PACKAGE CONTENTS

Please check to ensure all parts are present and undamaged:

- Soozier Under Desk Elliptical Exercise Machine (Main Unit)
- Remote Control
- Power Adapter
- User Manual (this document)

SETUP

The Soozier Under Desk Elliptical Exercise Machine comes largely pre-assembled. Follow these simple steps for initial setup:

1. **Unpack:** Carefully remove all components from the packaging. Retain packaging for future storage or transport if needed.
2. **Placement:** Place the elliptical on a flat, stable surface near a power outlet. Ensure there is enough clear space around the unit for comfortable and safe use.
3. **Connect Power:** Plug the power adapter into the elliptical's power port, then plug the adapter into a standard electrical outlet.
4. **Remote Control:** Ensure the remote control has working batteries (not included, typically 2x AAA). The remote can be stored in the designated slot on the main unit when not in use.



Image: Close-up view of the remote control being stored in its dedicated slot on the elliptical machine's main unit.

OPERATING INSTRUCTIONS

The elliptical can be operated in two modes: **Manual Workout** (unplugged) or **Auto Workout** (plugged in, with power and remote/control panel).

Getting Started

1. **Positioning:** Sit comfortably in a chair or on a sofa, ensuring your feet can rest naturally on the pedals.
2. **Power On:** If using Auto Workout mode, press the "POWER" button on the control panel or remote control to turn on the unit. The LCD display will illuminate.

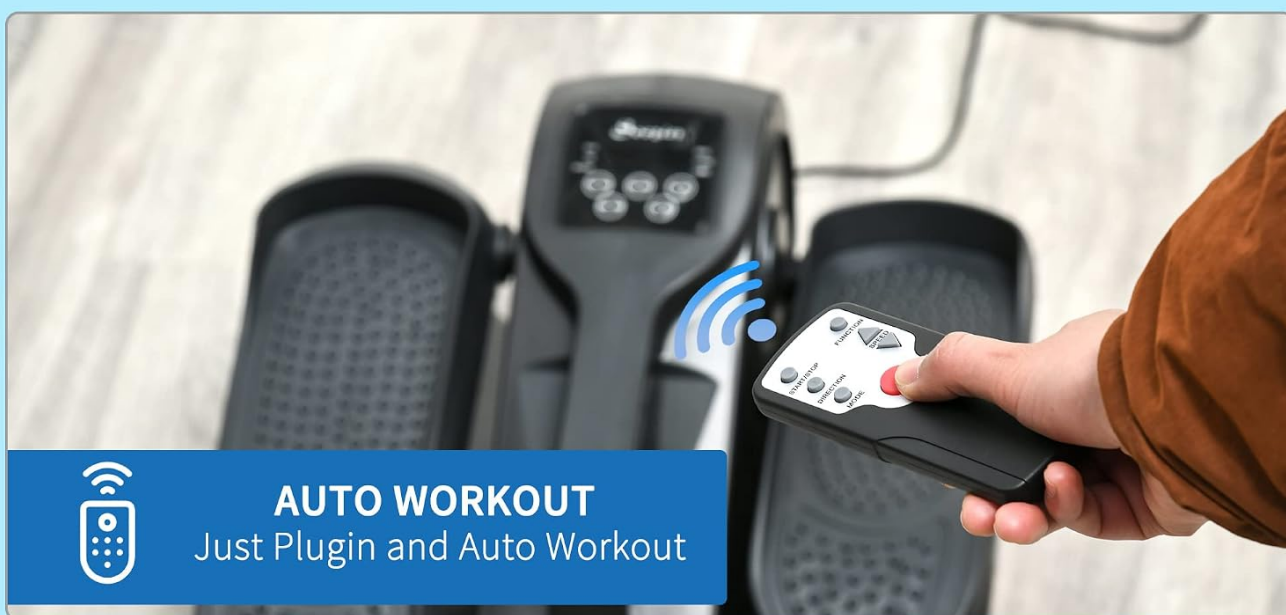


Image: A person seated, comfortably using the Soozier elliptical machine under a desk, demonstrating its intended use in an office or home setting.



MANUAL WORKOUT

Unplug and Work Manually



AUTO WORKOUT

Just Plugin and Auto Workout

Image: A visual comparison showing the elliptical being used in "Manual Workout" mode (unplugged, user manually pedaling) and "Auto Workout" mode (plugged in, remote control in use).

Control Panel & Remote Control Functions

Both the control panel on the unit and the remote control offer similar functions:

- **START/STOP:** Press to begin or pause the elliptical motion.
- **POWER:** Turns the unit on or off.
- **DIRECTION:** Toggles between forward and backward pedaling. Pedaling backward can engage different muscle groups.
- **SPEED:** Adjusts the speed of the elliptical motion. There are five adjustable speeds.
- **MODE:** Cycles through different display metrics on the LCD screen (Time, Speed, Distance, Calories, Revolutions).
- **FUNCTION:** (On remote) Similar to MODE, cycles through display metrics.

ADJUSTABLE SPEED & DIRECTION



Five adjustable speeds

for a personalized
exercise experience



Pedals can go forward
or backward
to target different muscles

Image: Illustration highlighting the adjustable speed and direction features of the elliptical, showing pedals moving both forward and backward to target different muscles.

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Video: An official product video demonstrating the features and usage of the Soozier A90-302 Mini Rehabilitation Bike, including its compact design, remote control operation, and ease of use while seated.

LCD DISPLAY

The easy-to-read LCD monitor provides real-time feedback on your workout. Use the "MODE" or "FUNCTION" button to cycle through the following metrics:

- **TIME:** Duration of your current workout session.
- **SPEED:** Current pedaling speed.
- **CALORIES:** Estimated calories burned during the session.
- **DISTANCE:** Estimated distance covered.
- **TOTAL COUNT (Revolutions):** Total number of pedal revolutions.

- **SCAN:** Automatically cycles through all metrics.

LCD MONITOR DISPLAY



Time



Speed



Calories



Distance



Total Count



Image: A close-up view of the elliptical's LCD monitor, clearly showing the various workout metrics such as Time, Speed, Calories, Distance, and Total Count.

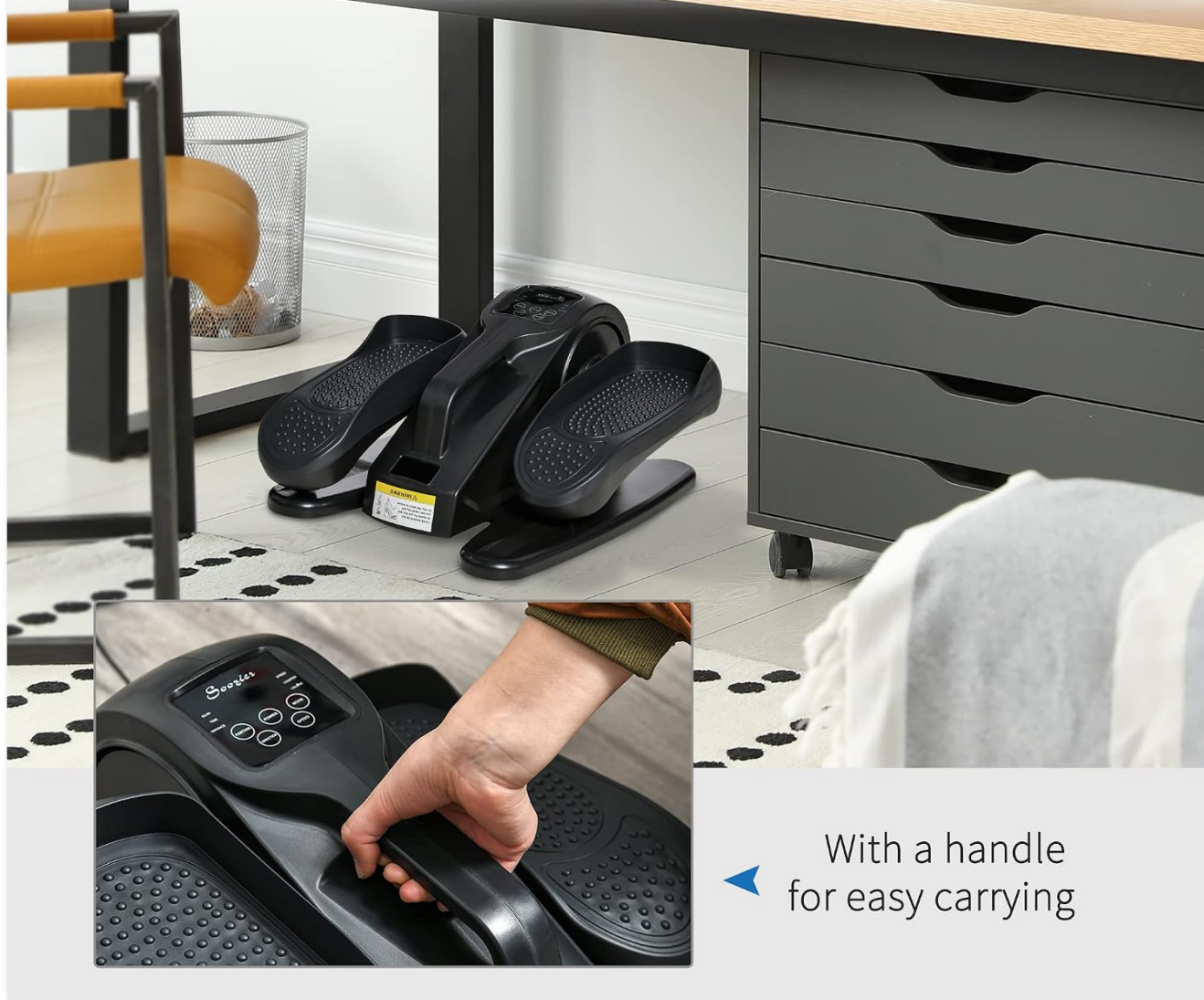
MAINTENANCE

Regular maintenance will help prolong the life of your Soozier Elliptical:

- **Cleaning:** Wipe down the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Tighten if necessary.
- **Storage:** Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size and integrated handle make it easy to move and store.

COMPACT & PORTABLE

Under desk elliptical machine



With a handle
for easy carrying

Image: The compact and portable design of the elliptical, highlighting the integrated handle for easy carrying and transport.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power adapter not connected properly; Power outlet not working.	Ensure power adapter is securely plugged into both the machine and a working electrical outlet. Test the outlet with another device.
Pedals are not moving in Auto Workout mode.	Machine is paused; Speed setting is too low.	Press START/STOP button. Increase the speed setting using the SPEED button.
Remote control not working.	Batteries are dead or incorrectly inserted; Obstruction between remote and unit.	Replace batteries (ensure correct polarity). Remove any obstructions and point remote directly at the unit.

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose components; Foreign object.	Check all screws and bolts and tighten if loose. Inspect for any foreign objects caught in the mechanism. If noise persists, discontinue use and contact customer support.

SPECIFICATIONS

Feature	Detail
Model Name	A90-302
Brand	Soozier
Color	Black
Product Dimensions (L x W x H)	17.25" L x 15.75" W x 8.75" H (43.8cm L x 40cm W x 22.2cm H)
Material	Alloy Steel
Resistance Mechanism	Manual
Maximum Weight Recommendation	264 Pounds (120 kg)
Number of Resistance Levels	5 (Adjustable Speeds)
Item Weight	14.3 Pounds (6.5 kg)
Screen Size	3.25 Inches
Included Components	LCD Monitor



Image: A diagram illustrating the key dimensions of the Soozier Under Desk Elliptical Exercise Machine, including length, width, and height.

WARRANTY AND SUPPORT

The Soozier Under Desk Elliptical Exercise Machine comes with a **1 Year Manufacturer Warranty**. For warranty claims, technical support, or any questions not covered in this manual, please contact Aosom LLC, the manufacturer, or your retailer.

You can also visit the official Soozier store for more information and product details: [Soozier Store on Amazon](#).