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› Medic Therapeutics Elliptical Trainer Pro with Remote Control Black Instruction Manual

Medic Therapeutics MT-ELIPTPRO-001-BLK

Medic Therapeutics Elliptical Trainer Pro

INSTRUCTION MANUAL

Model: MT-ELIPTPRO-001-BLK

1. Introduction

The Medic Therapeutics Elliptical Trainer Pro is designed to provide a convenient and effective low-impact exercise solution for various fitness levels. This compact and portable device allows you to stay active while seated, making it ideal for use at a desk, while watching television, or in any comfortable setting. It features adjustable speeds and modes, a user-friendly control panel, and a remote control for ease of use.



Image: Front view of the Medic Therapeutics Elliptical Trainer Pro, showcasing its compact design and foot pedals.

Key Features:

- **Convenient Exercise:** Allows for calorie burning and activity while seated, perfect for desk work or home use.
- **Comfort and Safety:** Equipped with oversized, non-slip foot plates for a secure and comfortable workout.
- **Lightweight and Portable:** Weighs only 18 lbs (approx. 8 kg) and includes a built-in handle for easy transport and storage.
- **Adjustable Speeds and Modes:** Features 5 adjustable speeds and multiple exercise modes, including forward and backward pedaling.
- **Digital Display:** Large, easy-to-read control panel tracks time, steps, speed, distance, and calories.
- **Remote Control:** For convenient operation without bending down.
- **No Assembly Required:** Ready to use right out of the box.

MEDIC THERAPEUTICS ELLIPTICAL TRAINER PRO



Bring it anywhere with
the built-in handle



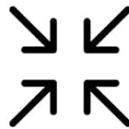
5x Lighter than
traditional ellipticals



Not overly large or bulky
No need to dedicate a
whole room to elliptical



No assembly required



4x smaller than
traditional ellipticals



Fits under most desks,
tables & workspaces

Image: Visual representation of the elliptical trainer's key features, including its portability with a built-in handle, being lighter and smaller than traditional ellipticals, fitting under desks, and requiring no assembly.

2. Safety Precautions

Please read all safety instructions carefully before using the Medic Therapeutics Elliptical Trainer Pro. Failure to follow these instructions may result in injury or damage to the device.

- **IMPORTANT: This device is designed for seated use ONLY. DO NOT stand on the elliptical trainer at any time.**
- Ensure the device is placed on a stable, flat surface during use.
- Keep children and pets away from the device during operation.
- Do not insert any objects into the device's openings.
- If you experience any pain or discomfort during exercise, stop immediately and consult a physician.
- Do not use the device if it is damaged or malfunctioning.
- Keep the power cord away from hot surfaces and ensure it is not pinched or walked on.
- Unplug the device from the power outlet when not in use or before cleaning.

3. Package Contents

Verify that all items are present in the package:

- Medic Therapeutics Elliptical Trainer Pro (Main Unit)
- Remote Control
- Power Adapter
- Instruction Manual (this document)

4. Product Overview

Familiarize yourself with the main components of your Elliptical Trainer Pro.



Image: Front view of the elliptical trainer, highlighting the foot pedals and central unit.



Image: Side view of the elliptical trainer, showing its low profile and the design of the pedal mechanism.

- **Foot Pedals:** Oversized and non-slip for comfortable and secure foot placement.
- **Main Unit:** Houses the motor, control panel, and internal mechanisms.
- **Control Panel:** Digital display and buttons for manual operation.
- **Power Input:** Located at the rear of the main unit for connecting the power adapter.
- **Remote Control:** Allows for convenient adjustment of settings from a distance.

5. Setup

The Medic Therapeutics Elliptical Trainer Pro requires no assembly. It is ready for use immediately after unpacking.

1. **Unpack:** Carefully remove the elliptical trainer and all accessories from its packaging.
2. **Placement:** Place the unit on a firm, level surface near a power outlet. Ensure there is enough space around the unit for comfortable use and to prevent obstruction of the pedals.
3. **Connect Power:** Locate the power input port at the rear of the main unit. Insert the power adapter cable into the port, then plug the adapter into a standard wall outlet.
4. **Remote Battery:** Insert 2x AAA batteries (not included) into the remote control, observing polarity.



Image: Rear view of the elliptical trainer, clearly showing the power input port for connecting the adapter.

6. Operating Instructions

The elliptical trainer can be operated using either the control panel on the unit or the included remote control.

6.1. Control Panel Overview



Image: Close-up view of the digital control panel, showing the display and function buttons.

Display Function	Description
SCAN	Automatically cycles through each function (Time, Distance, Speed, Counter, Calories) every 5 seconds.
TIME	Displays the elapsed training time.
DISTANCE	Shows the walking distance achieved (in meters).
SPEED	Indicates the current speed level (01-05).
COUNTER	Represents the number of pedaling revolutions.
CALORIES	Displays the estimated amount of calories burned.

Buttons on Control Panel:

- **POWER:** Turns the unit on or off.

- **FUNCTION:** Cycles through display functions (Time, Distance, Speed, Counter, Calories, Scan).
- **MODE:** Selects pre-programmed exercise modes.
- **DIRECTION:** Changes the pedaling direction (forward or backward).
- **SPEED +/-:** Adjusts the speed level.

6.2. Remote Control Operation



Image: The remote control for the elliptical trainer, showing buttons for power, start/stop, function, mode, direction, and speed adjustment. The remote control duplicates most functions of the control panel, allowing for convenient adjustments during your workout.

- **POWER:** Turns the unit on or off.
- **START/STOP:** Starts or pauses the pedaling motion.
- **FUNCTION:** Cycles through display functions.
- **MODE:** Selects pre-programmed exercise modes.

- **DIRECTION:** Changes the pedaling direction.
- **SPEED +/-:** Adjusts the speed level.

6.3. Starting Your Workout

1. Ensure the elliptical trainer is plugged in.
2. Sit comfortably in a chair with your feet placed securely on the foot pedals.
3. Press the **POWER** button on the unit or remote control to turn on the device. The display will light up.
4. Press the **START/STOP** button on the remote to begin the pedaling motion.
5. Use the **SPEED +/-** buttons to adjust the intensity of your workout. There are 5 speed levels.
6. Press the **DIRECTION** button to switch between forward and backward pedaling.
7. Use the **MODE** button to select different pre-programmed exercise routines.
8. Monitor your progress using the display functions (Time, Distance, Calories, etc.).
9. The unit has a built-in timer and will automatically shut off after 30 minutes of continuous use. You can restart it if you wish to continue your workout.

7. Maintenance

Proper maintenance will ensure the longevity and optimal performance of your elliptical trainer.

- **Cleaning:** Unplug the device before cleaning. Wipe the unit with a soft, damp cloth. Do not use abrasive cleaners or solvents. Avoid getting moisture into the control panel or motor area.
- **Storage:** Store the elliptical trainer in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size and built-in handle make it easy to store under a desk or in a closet.
- **Inspection:** Periodically check the power cord for any damage. Ensure all parts are secure and functioning correctly.

8. Troubleshooting

If you encounter any issues with your Medic Therapeutics Elliptical Trainer Pro, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Unit does not power on.	Not plugged in; Power outlet not working; Damaged power cord.	Ensure the power cord is securely plugged into the unit and a working outlet. Try a different outlet. Inspect the power cord for damage.
Pedals are not moving.	Unit is paused; Speed setting is too low; Overload.	Press START/STOP on the remote or power button on the unit. Increase the speed setting. Ensure you are seated and not applying excessive force that might cause an overload.
Remote control not working.	Batteries are dead or incorrectly inserted; Obstruction between remote and unit.	Replace batteries (2x AAA) and ensure correct polarity. Remove any obstructions. Point the remote directly at the unit's sensor.
Display is not showing data correctly.	Loose connection; Sensor issue.	Unplug and re-plug the unit. Ensure no debris is obstructing sensors (if visible). If the issue persists, contact customer support.

9. Specifications

MEDIC THERAPEUTICS

ELLIPTICAL TRAINER PRO



Image: Diagram illustrating the dimensions of the elliptical trainer: approximately 49.5 cm length, 43 cm width, and 29 cm height.

Specification	Detail
Brand	Medic Therapeutics
Model Number	MT-ELIPTPRO-001-BLK
Color	Black
Material	Plastic
Power Source	Powered by AC Adapter
Product Dimensions (L x W x H)	Approx. 49.5 x 43 x 29 cm (19.5 x 17 x 11.4 inches)
Product Weight	7.5 kg (16.5 lbs)
Included Components	Elliptical Trainer PRO, Remote Control
UPC	886678451395

Note on Max Weight Capacity: The provided specification "Capacité maximale de poids: 18 Livres" appears to refer to the product's weight rather than a user weight limit. Please consult the manufacturer for specific user weight recommendations if not explicitly stated.

10. Warranty and Support

For warranty information and customer support, please refer to the documentation included with your purchase or visit the official Medic Therapeutics website. Keep your proof of purchase for any warranty claims.

If you experience any issues not covered in the troubleshooting section, or require further assistance, please contact Medic Therapeutics customer service.

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

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