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› Medic Therapeutics Elliptical Trainer PRO with Remote Control Black User Manual

Medic Therapeutics MT-ELIPTPRO-001-BLK

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Model: MT-ELIPTPRO-001-BLK

INTRODUCTION

The Medic Therapeutics Elliptical Trainer PRO is a compact and portable exercise machine designed to provide convenient lower body workouts. Ideal for use while seated, it helps to promote activity and burn calories, making it suitable for various fitness levels and environments such as offices or homes. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your elliptical trainer.

IMPORTANT SAFETY INFORMATION

- **Read all instructions before use:** Familiarize yourself with the operation and safety guidelines.
- **Use only while seated:** This device is designed for seated use only. Do not stand on the elliptical trainer.
- **Consult a physician:** Before starting any new exercise program, especially if you have pre-existing health conditions.
- **Keep clear of moving parts:** Ensure clothing, hair, and body parts are clear of the pedals and internal mechanisms during operation.
- **Stable surface:** Place the trainer on a flat, stable surface to prevent tipping.
- **Power source:** Use only the provided power adapter. Ensure the power outlet matches the required voltage.
- **Children and pets:** Keep children and pets away from the device during operation.
- **Not for therapeutic use:** This equipment is not intended for medical or therapeutic purposes.

PACKAGE CONTENTS

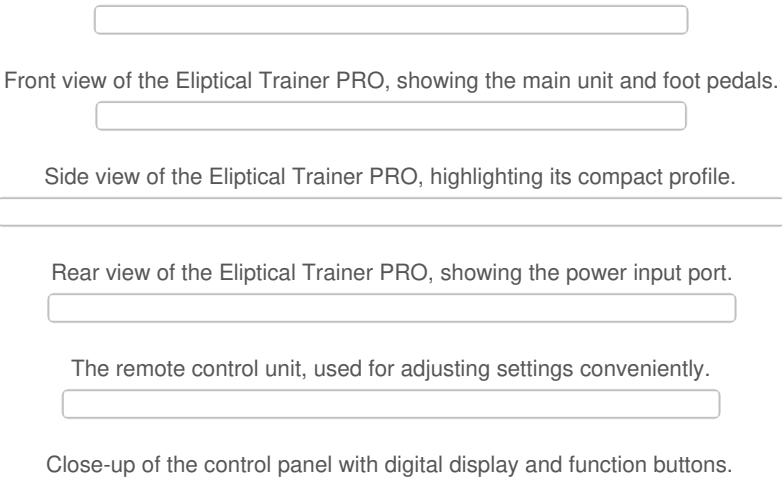
Please check the box for the following items:

- Medic Therapeutics Elliptical Trainer PRO Unit
- Remote Control

- Power Adapter (may include a UK adapter if purchased in the UK)
- User Manual (this document)

PRODUCT OVERVIEW

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



SETUP

The Medic Therapeutics Elliptical Trainer PRO requires no assembly. Simply follow these steps to begin your workout:

1. **Unpack:** Carefully remove the elliptical trainer and all accessories from its packaging.
2. **Placement:** Place the unit on a flat, stable surface, such as under a desk or in front of a chair. Ensure there is enough clear space around the unit for comfortable use.
3. **Power Connection:** Locate the power input port on the back of the unit. Connect the power adapter to the unit and then plug it into a suitable electrical outlet.
4. **Remote Control Battery:** The remote control requires a CR2025 battery (not included). Open the battery compartment on the back of the remote and insert the battery with the correct polarity.
5. **Ready for Use:** The unit is now ready for operation.

OPERATING INSTRUCTIONS

The Elliptical Trainer PRO can be operated using the control panel on the unit or the remote control.

Getting Started

1. Sit comfortably in a chair with your feet placed on the oversized, non-slip foot plates of the elliptical trainer.
2. Press the **POWER** button on the control panel or remote control to turn on the unit. The digital display will illuminate.
3. The unit will begin moving the pedals automatically.

Adjusting Settings

- **Speed Adjustment:** Use the **SPEED +** and **SPEED -** buttons on the remote control or the **SPEED** button on the control panel to adjust the pedaling speed. There are 5 adjustable speed levels (01-05).
- **Direction Change:** Press the **DIRECTION** button on the remote control or control panel to alternate the pedaling

direction between forward and backward.

- **Exercise Modes:** Press the **MODE** button to cycle through different pre-programmed exercise modes (P1, P2, P3). These modes vary the speed and direction automatically.
- **Manual Mode:** To operate in manual mode, where you control speed and direction, ensure no pre-programmed mode is selected.
- **Automatic Shut-off:** The trainer has a built-in timer that automatically shuts off after 30 minutes of continuous use for your convenience.

CONTROL PANEL DISPLAY

The large digital display on the control panel provides vital workout information:

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



Detailed view of the digital control panel, showing various metrics and control buttons.

MAINTENANCE

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

- **Cleaning:** Wipe down the unit with a soft, damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** Store the 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.
- **Power Cord:** Regularly inspect the power cord for any damage. If damaged, discontinue use and contact customer support.
- **Battery Replacement:** Replace the remote control battery (CR2025) when its functionality diminishes.

TROUBLESHOOTING

If you encounter any issues with your Elliptical Trainer PRO, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Unit does not power on.	Power cord not properly connected or no power from outlet.	Ensure the power adapter is securely plugged into the unit and a working electrical outlet. Test the outlet with another device.
Remote control not working.	Battery is dead or incorrectly inserted.	Replace the CR2025 battery in the remote control, ensuring correct polarity. Ensure no obstructions between remote and unit.
Pedals are not moving smoothly.	Obstruction or unit placed on an uneven surface.	Check for any foreign objects obstructing the pedal movement. Ensure the unit is on a flat, stable surface.
Display is not showing correct information or is blank.	Loose connection or internal fault.	Ensure power is stable. Try turning the unit off and on again. If the problem persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	MT-ELIPTPRO-001-BLK
Brand	Medic Therapeutics
Color	Black
Frame Material	Plastic
Power Source	Mains Powered (AC Adapter)
Brake Type	Foot brake
Adjustable Speeds	5 levels (01-05)
Pre-programmed Modes	3 (P1, P2, P3)
Maximum Speed	2.11 kmph
Dimensions (L x W x H)	Approx. 48 x 42 x 29 cm
Weight	Approx. 7.5 kg (16.5 lbs)
Remote Control Battery	CR2025 (not included)

WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your product packaging or visit the official Medic Therapeutics website. If you require technical support or have questions not covered in this manual, please contact Medic Therapeutics customer service through their official channels.



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