

Amonax MEP1

Amonax Ellipse Electric Pedal Exerciser User Manual

Model: MEP1

1. INTRODUCTION

The Amonax Ellipse Electric Pedal Exerciser, Model MEP1, is designed to provide a low-impact exercise solution for individuals seeking to improve leg and ankle strength, circulation, balance, and mobility. It is particularly beneficial for rehabilitation purposes and for those who require seated exercise, such as the elderly or individuals recovering from injuries. This manual provides essential information for the safe and effective use of your device.



Image 1.1: The Amonax Ellipse Electric Pedal Exerciser, a compact device for seated exercise.

2. SAFETY INFORMATION

Please read all safety instructions carefully before using the Amonax Ellipse Electric Pedal Exerciser.

- **Seated Use Only:** This device is designed exclusively for seated use. **DO NOT** stand on the elliptical exerciser. Standing on the unit can lead to instability, falls, and serious injury.
- **Stable Surface:** Always ensure the exerciser is placed on a stable, flat surface to prevent movement during use.
- **Medical Conditions:** If you have a pacemaker, EKG machine, or any other medical condition, consult your doctor before using this device.
- **Clearance:** Ensure adequate space around the device during operation to avoid obstructions.
- **Children and Pets:** Keep children and pets away from the device during operation.
- **Power Cord:** Do not place the device on the power cord. Ensure the power cord is not damaged or tangled.

- **Discontinue Use:** If you experience pain, dizziness, or discomfort during exercise, stop immediately and consult a medical professional.



Image 2.1: Illustration emphasizing correct seated usage and warning against standing on the device.



Image 2.2: Important medical warning for users with pacemakers or EKG machines.

3. PACKAGE CONTENTS

Upon unpacking, please verify that all the following components are included:

- 1 x Amonax Ellipse Electric Pedal Exerciser (Main Unit)
- 1 x Remote Control (Batteries not included due to shipping regulations)
- 1 x Power Cable
- 1 x User Manual

Comes Fully Assembled

1 X Motorized Elliptical Machine

1 X Remote Control



Image 3.1: Contents of the package, including the main unit and remote control.

4. SETUP

The Amonax Ellipse Electric Pedal Exerciser comes fully assembled, requiring minimal setup before first use.

1. **Placement:** Place the exerciser on a firm, level surface in front of your chair or sofa. Ensure there is enough space for your legs to move freely without obstruction.
2. **Power Connection:** Connect the power cable to the exerciser's power port and then plug it into a standard electrical outlet.
3. **Remote Control Batteries:** Insert 2 AAA batteries (not included) into the remote control, observing correct polarity.
4. **Seating Position:** Sit comfortably in a chair with your feet placed securely on the pedals. The pedals feature anti-slip surfaces for enhanced stability.



Image 4.1: Detail of the non-slip pedal surface for secure foot placement.

5. OPERATING INSTRUCTIONS

The Amonax Ellipse Electric Pedal Exerciser features an intuitive LED display and a remote control for easy operation.

5.1. Controls Overview

TOUCH SCREEN WITH LED DISPLAY

- 1 FUNCTION**
SWITCH BETWEEN HR AND P1/P2/P3 MODES.
- 2 DISPLAY**
SHOW REAL-TIME WORKOUT DATA.
- 3 DIRECTION**
SWITCH BETWEEN CLOCKWISE OR ANTI-CLOCKWISE.
- 4 SPEED**
ADJUST 5 SPEED LEVELS.

Image 5.1: Overview of the LED display and remote control buttons.

POWER: Turns the device On/Off. Press and hold to power off.

FUNCTION: Switches between Manual (HR) mode and Preset (P1/P2/P3) modes.

DISPLAY: Shows real-time workout data such as Time, Distance, Speed, Count, and Calories burned.

DIRECTION: Changes the pedal rotation direction (clockwise or anti-clockwise).

SPEED: Adjusts the speed level (1-5) in Manual mode.

START/STOP (Remote Only): Initiates or pauses the exercise.



Image 5.2: Detailed view of the control panel and its functions.

5.2. Starting an Exercise

1. Plug in the power cable and press the **POWER** button on the unit or **START/STOP** on the remote. The display will illuminate.
2. By default, the device may start in a preset mode or a specific direction.

5.3. Manual Mode (HR)

In Manual (HR) mode, you have full control over speed and direction.

1. Press the **FUNCTION** button until 'HR' is displayed.
2. Use the **SPEED** buttons (up/down arrows on remote) to select your desired speed level (1-5).
3. Use the **DIRECTION** button to switch between forward (clockwise) and reverse (anti-clockwise) rotation.



Image 5.3: Manual Mode (HR) allows custom speed and direction settings.

5.4. Preset Modes (P1, P2, P3)

The device offers three preset programs that automatically vary speed and direction for a dynamic workout.

1. Press the **FUNCTION** button to cycle through P1, P2, and P3.
2. Each preset mode has a predefined speed and direction pattern.



Image 5.4: Visual representation of speed changes in Preset Modes P1, P2, and P3.

5.5. Automatic Shut-off

For safety and to prevent overuse, the device will automatically stop after 30 minutes of continuous operation in both Manual and Preset modes.



Image 5.5: The remote control provides convenient operation from a seated position.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Amonax Ellipse Electric Pedal Exerciser.

- **Cleaning:** Wipe the device with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the device is unplugged before cleaning.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check the power cord for any signs of damage. If damaged, discontinue use and contact customer support.

- **Portability:** The device is designed to be portable, weighing approximately 6.5 kg (14.3 lbs), and features a convenient handle for easy carrying.



Image 6.1: The integrated handle allows for easy portability of the exerciser.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Device does not power on.	Power cable not connected properly. No power from outlet.	Ensure the power cable is securely plugged into both the device and a working electrical outlet. Test the outlet with another appliance.
Pedals are not moving.	Device is paused or in standby. Incorrect mode selected.	Press the POWER or START/STOP button. Ensure a speed level is selected in Manual mode or a Preset mode is active.
Remote control is not working.	Batteries are dead or incorrectly inserted. Obstruction between remote and device.	Replace batteries with new ones, ensuring correct polarity. Remove any obstructions. Ensure you are within range.
Unusual noise during operation.	Loose component. Device not on a stable surface.	Ensure the device is on a stable, flat surface. If the noise persists, discontinue use and contact customer support.
Device stops unexpectedly.	Automatic 30-minute shut-off activated.	This is normal operation. Restart the device by pressing the POWER or START/STOP button.

8. SPECIFICATIONS

Feature	Detail
Model Number	MEP1

Feature	Detail
Dimensions (L x W x H)	45 x 24 x 39 cm (17.7 x 9.4 x 15.4 inches)
Weight	6.5 kg (14.3 lbs)
Material	ABS Plastic + Steel
Control Type	Remote Control
Display Type	LED
Speed Levels	5
Resistance Levels	5
Operating Modes	Manual (HR), 3 Preset Programs (P1, P2, P3)
Power Source	Electric Cable
Automatic Shut-off	After 30 minutes

9. WARRANTY AND SUPPORT

The Amonax Ellipse Electric Pedal Exerciser (Model MEP1) comes with a **1-year warranty** for spare parts, ensuring peace of mind regarding product quality and durability.

For any questions, technical assistance, or warranty claims, please contact Amonax customer support through the retailer where you purchased the product or visit the official Amonax website for contact information.