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## Dripex OA

# Dripex Elliptical Fitness Stepper Crosstrainer Model OA User Manual

Model: OA

## 1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating the Dripex Elliptical Fitness Stepper Crosstrainer. Keep this manual for future reference.

- **User Weight Limit:** Do not exceed the maximum user weight of 265 lbs (120 kg).
- **Assembly:** Ensure all parts are correctly assembled and tightened before use. Refer to the assembly instructions carefully.
- **Placement:** Place the elliptical on a flat, stable surface. Ensure adequate clear space around the machine for safe operation.
- **Children and Pets:** Keep children and pets away from the machine during operation.
- **Medical Advice:** Consult a physician before starting any exercise program. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- **Maintenance:** Regularly inspect the machine for wear and tear. Do not use if any parts are damaged.

## 2. PACKAGE CONTENTS

The Dripex Elliptical Fitness Stepper Crosstrainer is designed for home assembly. Please verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- Main Frame Components
- Handlebars (Fixed and Moving)
- Pedals
- LCD Monitor
- Hardware Kit (bolts, washers, nuts, tools)

- User Manual

### 3. ASSEMBLY INSTRUCTIONS

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Follow these steps to assemble your Dripex Elliptical Fitness Stepper Crosstrainer. It is recommended to have a second person assist with some steps.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Check against the package contents list.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers.
3. **Install Upright Post:** Connect the upright post to the main frame. Ensure all cables are routed correctly and not pinched.
4. **Assemble Pedals:** Attach the left and right pedals to their respective crank arms. Note that pedal threads are often marked 'L' and 'R' and tighten in opposite directions.
5. **Mount Handlebars:** Attach the moving handlebars and fixed handlebars to the upright post. Connect any pulse sensor wires if applicable.
6. **Install LCD Monitor:** Secure the LCD monitor to the bracket on the upright post and connect the sensor cables.
7. **Final Check:** Review all connections to ensure they are tight and secure. Test the machine's movement before full use.

# PRODUCT DIMENSIONS



G.W./N.W.: 68.1lbs/63.3lbs

Flywheel Weight: 13.2lbs

Weight Capacity: 120KG/265lbs

Carton Size: 40.7\*13\*19.7inch

Step Distance: 33cm/ 13inch

Expanded Size: 59\*38.6\*19.3inch

Adjustment: 8-Level Magnetic Resistance Control

Trainmission Mode: Belt Driven System

Material: High-density Steel + High Quality Plastic

Product Packaging: Thickened Carton Box

**Figure 3.1:** Product dimensions for assembly planning. The elliptical measures approximately 104.5 cm (L) x 34 cm (W) x 54 cm (H).

## 4. OPERATING INSTRUCTIONS

### 4.1 Getting Started

- Step onto the pedals one foot at a time, holding onto the fixed handlebars for stability.
- Begin a smooth, elliptical motion with your feet and hands.

### 4.2 Adjusting Resistance

The Dripex Elliptical features 8 levels of magnetic resistance. To adjust the resistance:

- Locate the resistance knob, typically on the upright post below the monitor.
- Turn the knob clockwise to increase resistance (levels 1-8 for a more challenging workout).
- Turn the knob counter-clockwise to decrease resistance (levels 8-1 for an easier workout).

# ADJUSTABLE MAGNETIC CONTROL

8-level resistance to achieve the effect of these sports



Figure 4.1: Resistance adjustment dial with 8 levels for varied workout intensity.

## 4.3 Using the LCD Monitor

The advanced LCD monitor displays key workout data:

- **SCAN:** Cycles through all functions automatically.
- **TIME:** Duration of your workout.
- **SPEED:** Current speed.
- **DISTANCE:** Distance covered during the workout.
- **CALORIES:** Estimated calories burned.
- **PULSE:** Your heart rate (when holding the pulse sensors on the handlebars).
- **ODOMETER:** Total accumulated distance.

The monitor also includes a tablet/device holder for convenience.

# LCD MONITOR & IPAD HOLDER



Figure 4.2: LCD monitor displaying workout metrics and integrated tablet holder.

## 4.4 Pulse Rate Monitoring

To measure your heart rate, firmly grasp the pulse sensors located on the fixed handlebars. Your pulse will be displayed on the LCD monitor after a few seconds.

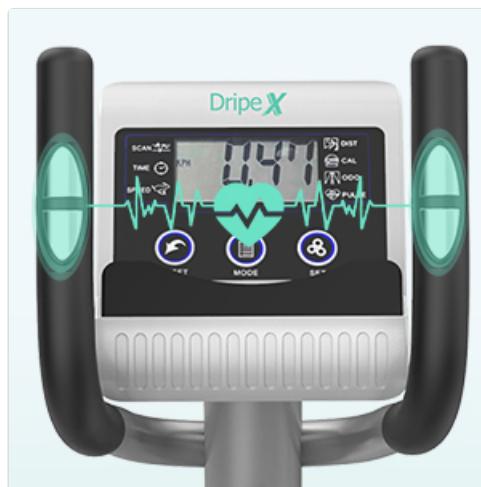


Figure 4.3: LCD monitor with highlighted pulse sensors on the handlebars.

## 4.5 Moving the Elliptical

The elliptical is equipped with transportation wheels for easy relocation.

- Ensure the area is clear of obstacles.
- Grasp the rear stabilizer bar or fixed handlebars.
- Carefully tilt the machine forward until it rests on its transportation wheels.
- Roll the elliptical to its desired location.
- Gently lower the machine back onto its stabilizer feet.



Figure 4.4: Demonstrating the use of transportation wheels for moving the elliptical.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your elliptical.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts for smooth operation. Apply a silicone-based lubricant to

joints if squeaking occurs.

- **Tightness Check:** Regularly inspect all bolts, nuts, and screws to ensure they are securely tightened. Loose components can affect performance and safety.
- **Pedals:** Ensure the anti-slip pedals are clean and free from debris to maintain grip.

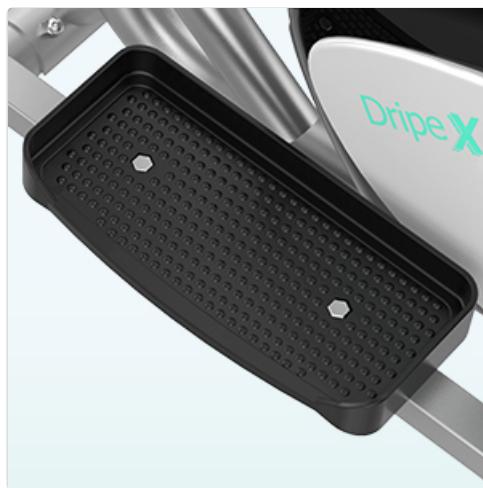


Figure 5.1: Large anti-slip pedals for secure footing during workouts.

## 6. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Squeaking or grinding noise	Loose bolts, lack of lubrication, worn parts.	Check and tighten all bolts. Apply silicone lubricant to moving joints. If noise persists, inspect for worn parts.
LCD monitor not displaying	Loose cable connection, dead batteries.	Ensure all monitor cables are securely connected. Replace batteries if necessary (batteries not included).
Resistance not changing	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the knob and the flywheel mechanism. Reconnect or contact support if damaged.
Unstable during use	Uneven surface, loose stabilizer feet.	Ensure the elliptical is on a flat surface. Adjust the leveling caps on the stabilizer feet if present.

## 7. SPECIFICATIONS

Detailed technical specifications for the Dripex Elliptical Fitness Stepper Crosstrainer Model OA.

- **Model:** OA
- **Brand:** Dripex
- **Color:** Green
- **Material:** Aluminum (Frame)
- **Resistance Mechanism:** Magnetic

- **Resistance Levels:** 8 adjustable levels
- **Flywheel Weight:** 13.2 lbs (6 kg)
- **Noise Level:** Below 20 dB (Hyper-quiet operation)
- **Max User Weight:** 265 lbs (120 kg)
- **Product Dimensions (L x W x H):** 104.5 cm x 34 cm x 54 cm (41.1 x 13.4 x 21.3 inches)
- **Item Weight:** 68 lbs (30.84 kg)
- **Max Stride Length:** 18 inches
- **Pedal Dimensions:** 13.8" (L) x 6.3" (W) (Anti-slip)
- **Monitor:** LCD (Time, Speed, Distance, Calories, Pulse, Odometer)
- **Special Features:** Tablet holder, Pulse rate grips, Transportation wheels





Figure 7.1: The Dripex Elliptical Fitness Stepper Crosstrainer.



Figure 7.2: Illustration of the hyper-quiet magnetic resistance and belt-driven system.

## 8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation included with your purchase or contact Dripex customer service through the retailer where the product was purchased.

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## Related Documents - OA

 User's Manual	<p><b>Magnetic Elliptical Machine User's Manual</b></p> <p>Comprehensive user's manual for the Magnetic Elliptical Machine, covering safety information, parts list, assembly instructions, monitor usage, and maintenance tips.</p>
 ROWING MACHINE USER'S MANUAL	<p><b>Dripex X Rowing Machine User Manual</b></p> <p>Comprehensive user manual for the Dripex X Rowing Machine, covering safety information, assembly instructions, parts list, monitor operation, fitness guide, and suggested stretches for home use.</p>
 Dripex Exercise Bike FAQ	<p><b>Dripex Exercise Bike FAQ - Magnetic Resistance Indoor Cycling</b></p> <p>Frequently Asked Questions about the Dripex Exercise Bike, covering magnetic resistance, maintenance, benefits, and usage guidelines for home fitness.</p>
 DRIPEX Vibration Plate Machine INSTRUCTIONS FOR USE	<p><b>Dripex Vibration Plate Machine: User Manual and Safety Guide</b></p> <p>Comprehensive instructions for the Dripex Vibration Plate Machine, covering technical data, safety guidelines, care, maintenance, functional description, and exercise postures for effective home workouts.</p>

	<p><a href="#"><u>Dripex Vibration Plate Machine: User Manual and Safety Guide</u></a></p> <p>Comprehensive user manual for the Dripex Vibration Plate Machine, covering technical specifications, safety instructions, care and maintenance, functional description, and various exercise postures for effective full-body workouts.</p>
	<p><a href="#"><u>Dripex Basketball Hoop Installation and Safety Guide</u></a></p> <p>Comprehensive instructions for assembling and safely using the Dripex Basketball Hoop, including parts list, safety warnings, and height adjustment guidance.</p>