GUGTTR

GUGTTR Under Desk Elliptical Machine User Manual

Model: RB-EB505

Brand: GUGTTR

1. Introduction

Thank you for choosing the GUGTTR Under Desk Elliptical Machine. This device is designed to provide a low-impact exercise solution, ideal for use while seated at a desk or relaxing. It helps improve circulation, strengthen leg muscles, and maintain activity levels without significant strain. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your elliptical machine.

2. Safety Information

- Always consult with a healthcare professional before starting any new exercise program.
- Place the elliptical machine on a stable, flat surface.
- Ensure adequate space around the machine during operation.
- Keep children and pets away from the machine during use.
- Do not stand on the pedals. This machine is designed for seated use only.
- If you experience pain, dizziness, or discomfort, stop exercising immediately.
- Unplug the power cord when the machine is not in use or before cleaning.

3. Package Contents

Verify that all components are present in the package:

- 1 × GUGTTR Under Desk Elliptical Machine
- 1 × Remote Control

- 1 × Power Cord
- 1 × User Manual (this document)

4. Setup

The GUGTTR Under Desk Elliptical Machine comes fully assembled, requiring minimal setup before first use.

1. **Unpacking:** Carefully remove the elliptical machine and all accessories from the packaging.
2. **Placement:** Position the machine on a flat, stable surface under your desk or in your preferred exercise area. Ensure there is enough clearance for your legs to move freely.
3. **Power Connection:** Connect the power cord to the elliptical machine's power input port, then plug the other end into a standard electrical outlet.



Image: The GUGTTR Under Desk Elliptical Machine, showcasing its compact design, foot pedals, and the included remote control and display unit.

5. Operating Instructions

Your elliptical machine offers both automatic and manual modes with adjustable speeds for a customized workout.

5.1. Powering On/Off

- To power on, press the 'Power' button on the remote control or the main unit.
- To power off, press the 'Power' button again.

5.2. Using the Remote Control

The remote control allows convenient adjustment of settings without bending down.



Image: A user operating the GUGTTR elliptical machine while seated, demonstrating the convenience of the remote control for adjustments.

- **MODE:** Switches between Manual (12-level speed) and Auto (P1-P3) modes.
- **SPEED +/-:** Adjusts the speed in Manual mode.
- **DIRECTION:** Changes the pedaling direction (forward or backward) to target different muscle groups.
- **FUNCTION:** Cycles through display metrics (Time, Distance, Speed, Counter, Calorie).
- **START/STOP:** Begins or pauses the exercise.

5.3. Display Screen

The integrated LCD screen provides real-time workout data.



Image: A detailed view of the elliptical machine's easy-to-read LCD screen, indicating metrics such as time, distance, speed, counter, and calories burned.

- **SCAN:** Automatically cycles through all metrics.
- **TIME:** Duration of your workout.
- **DISTANCE:** Estimated distance covered.
- **SPEED:** Current pedaling speed.
- **COUNTER:** Total number of pedal rotations.
- **CALORIE:** Estimated calories burned.

5.4. Low-Impact and Quiet Operation

The GUGTTR elliptical is designed for quiet operation, making it suitable for office or home environments without causing disturbance.



Image: A woman using the GUGTTR elliptical machine quietly under her desk, illustrating its ultra-quiet design suitable for various environments.



Image: An infographic highlighting the safe and stress-free exercise benefits of the elliptical, including protection for the spine, reduced knee injury, and calf stretch.

6. Maintenance

- **Cleaning:** Wipe down the machine with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the elliptical machine in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all screws and connections to ensure they are secure.

7. Troubleshooting

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Power outlet issue.	Ensure power cord is securely plugged into both the machine and a working outlet. Try a different outlet.

Problem	Possible Cause	Solution
Pedals are not moving smoothly.	Lack of lubrication; Obstruction.	Apply a small amount of silicone-based lubricant to moving parts if necessary. Check for any foreign objects obstructing the pedals.
Remote control is not responding.	Batteries are low or incorrectly inserted; Obstruction between remote and machine.	Replace batteries in the remote control. Ensure line of sight between remote and machine's sensor.
Machine makes unusual noise.	Loose components; Internal issue.	Check for any loose screws and tighten them. If noise persists, contact customer support.

8. Specifications

Specification	Detail
Model Name	RB-EB505
Brand	GUGTTR
Material	Alloy Steel
Color	Orange
Product Dimensions	43.9D x 36.6W x 22.6H centimetres
Item Weight	6.8 kg
Meter Display	Speed, Time, Distance, Counter, Calorie
Adjustable Speeds	12 levels (Manual Mode)
Modes	Manual, Auto (P1-P3)

9. Warranty Information

GUGTTR provides a lifetime after-sales service for this under desk elliptical machine. Additionally, a three-month service period is included from the date of purchase. This service covers manufacturing defects and operational issues under normal use. Please retain your proof of purchase for warranty claims.

10. Support

For any questions, concerns, or assistance regarding your GUGTTR Under Desk Elliptical Machine, please contact our customer support team. You can reach us through Amazon messages or via the email address provided in your purchase documentation. Our team is dedicated to providing prompt and helpful support.

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