

Niceday Niceday-3611

Niceday Under Desk Elliptical Trainer (Model Niceday-3611) Instruction Manual

Brand: Niceday | Model: Niceday-3611

INTRODUCTION

This manual provides essential information for the safe and effective use of your Niceday Under Desk Elliptical Trainer. Please read it thoroughly before operation and retain it for future reference.

Product Overview

The Niceday Under Desk Elliptical is a compact, low-impact exercise machine designed for use while sitting or standing. It features adjustable magnetic resistance and a digital monitor to track your workout progress. Its quiet operation makes it suitable for various environments without causing disturbance.



Image: The Niceday Under Desk Elliptical in use, demonstrating its compact size and how it can be used while seated.

IMPORTANT SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Place the elliptical on a stable, level surface.
- Ensure adequate clearance around the device during use.
- The elliptical can be used while sitting or standing. Ensure stability when standing.
- Keep children and pets away from the equipment during operation.
- Maximum user weight: 400 lbs.

SETUP

The Niceday Under Desk Elliptical is designed for minimal assembly, often arriving ready for immediate use.

Unpacking

1. Carefully remove all components from the packaging.
2. Verify all parts are present.
3. Place the elliptical on a flat, stable surface.

Initial Placement

Position the elliptical under your desk or in front of your chair or couch, ensuring there is enough space for your legs to move freely without obstruction. A silent mat is included for stability and floor protection.



Image: A person using the Niceday elliptical under a desk, highlighting its suitability for office environments.

OPERATING INSTRUCTIONS

Digital Monitor

The integrated digital monitor tracks various workout metrics:

- **Time:** Displays the duration of your workout.
- **Speed:** Shows your current pedaling speed.
- **Distance:** Provides an estimated distance covered.
- **Calories:** Estimates the calories burned during your session.
- **Scan:** Automatically cycles through all metrics for continuous monitoring.

16-LEVEL Resistance

The only 16-level magnetic resistance adjustment to meet everyone's movement needs, whether it is rehabilitation or exercise



Image: A close-up view of the digital monitor, displaying workout data.

Adjusting Resistance

The elliptical features 16 levels of adjustable magnetic resistance to customize your workout intensity.



Image: The resistance control knob, showing the 16 levels from low to high.

1. Locate the tension control knob on the front of the unit.
2. Turn the knob clockwise to increase resistance (making pedaling harder).
3. Turn the knob counter-clockwise to decrease resistance (making pedaling easier).

Using Resistance Bands (if included)

For a full-body workout, attach the included resistance bands to the designated points on the elliptical to engage upper body muscles.

FORWARD **STRIDE** MOTION

Developed for less stressful impact on joints to develop your lower body and stimulate your muscular system



Image: A person demonstrating the use of resistance bands with the elliptical for an upper body workout.

1. Securely attach the resistance bands to the anchor points on the elliptical.
2. While pedaling, perform arm exercises such as curls, rows, or presses with the bands.

Pedaling Direction

You can pedal both forward and backward to engage different muscle groups in your legs and glutes.

Compact Design

Easy moving



Image: Illustration of the elliptical's forward stride motion and 12.2-inch stride length.

MAINTENANCE

- **Cleaning:** Wipe down the unit with a damp cloth after each use. Avoid abrasive cleaners.
- **Lubrication:** If the pedals become stiff or noisy, apply a small amount of silicone-based lubricant to the moving parts as indicated in the separate lubrication instructions (if provided with your unit).
- **Storage:** Store in a cool, dry place. Its compact design allows for easy storage when not in use.

TROUBLESHOOTING

Problem	Solution
Unit is noisy during operation.	Ensure all bolts are tightened. Apply lubricant to pedal mechanisms if necessary.
Digital monitor not displaying.	Check battery installation and replace batteries if needed.
Pedals feel stiff or resistance is inconsistent.	Adjust the resistance knob. Apply lubricant to the pedal tracks.

SPECIFICATIONS

Feature	Detail
Model Name	Niceday-3611
Brand	Niceday
Color	Brown & Black
Product Dimensions	16"D x 16"W x 14"H
Material	Ultra high quality plastic & Cast iron + aluminum alloy
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	400 Pounds
Maximum Stride Length	12.2 Inches
Number of Resistance Levels	16
Included Components	Silent Mat

WARRANTY AND SUPPORT

Niceday is committed to providing excellent product quality and service. We offer a lifelong service for all Niceday products. If you have any questions or require assistance, please contact our customer service team through Amazon. We aim to reply and provide solutions within 24 hours.

The product also includes a 3-month unconditional return and exchange policy.