

## FRYLINE FR1

# FRYLINE Ellipse Leg Exerciser User Manual

Model: FR1

## 1. INTRODUCTION

The FRYLINE Ellipse Leg Exerciser is an innovative under-desk elliptical designed to provide a low-impact, joint-friendly workout. It is ideal for improving mobility, increasing circulation, strengthening leg muscles, and assisting with weight management, particularly for sedentary office workers and seniors. This portable and quiet peddler allows for exercise while sitting, making it a convenient addition to any home or office environment.



Figure 1.1: FRYLINE Ellipse Leg Exerciser.

Its compact design and remote control functionality ensure ease of use and storage, promoting consistent physical activity without disrupting daily routines.

## 2. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the FRYLINE Ellipse Leg Exerciser. Failure to follow these instructions may result in injury or damage to the product.

- **DO NOT USE STANDING:** This device is designed exclusively for seated use. Using it while standing can lead to instability and serious injury.
- Ensure the exerciser is placed on a stable, flat surface before use.
- Keep hands and feet clear of moving parts during operation.
- Do not allow children or pets near the device during operation.
- Unplug the exerciser from the power outlet when not in use or before cleaning.
- Do not expose the device to water or excessive moisture.
- If you experience any pain or discomfort during exercise, stop immediately and consult a healthcare professional.

- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

### 3. PACKAGE CONTENTS

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Verify that all items are present in the package before initial use:

- FRYLINE Ellipse Leg Exerciser Unit
- Remote Control
- Charge Cord
- Two Straps (for securing feet)
- User Manual (this document)



Figure 3.1: Included components of the FRYLINE Ellipse Leg Exerciser.

### 4. SETUP

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The FRYLINE Ellipse Leg Exerciser requires no assembly. It is ready for use right out of the box.

1. Remove the exerciser and all components from the packaging.
2. Place the exerciser on a flat, stable surface in front of your chair or sofa. Ensure there is enough space for comfortable leg movement.
3. Plug the charge cord into the exerciser and then into a standard electrical outlet.
4. Take a seat and place your feet onto the pedals. Use the adjustable straps to secure your feet if desired, especially for extended use or to maintain foot position.

**EXERCISE & FEEL GREAT  
ANYWHERE**



**NO NEED TO  
BEND DOWN ADJUST**



Figure 4.1: Proper placement and usage of the exerciser while seated.

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Video 4.1: An overview of the FRYLINE Elliptical Machine, demonstrating its features and ease of use. This video is provided by the seller.

## 5. OPERATING INSTRUCTIONS

### 5.1 Powering On/Off

To power on the device, press the red power switch located on the side of the unit. The LCD screen will illuminate. To power off, press the switch again.

### 5.2 Using the Remote Control

The FRYLINE Ellipse Leg Exerciser is operated primarily via the included remote control, eliminating the need to bend down to adjust settings.

## EASY-TO-READ LCD SCREEN

Large screen display, simple and easy to understand operation



Figure 5.1: The remote control for easy operation.

- **ON/OFF Button:** Turns the machine on or off.
- **Speed + / Speed - Buttons:** Adjusts the exercise speed. There are 12 adjustable speed levels.
- **Direction Button:** Changes the pedaling direction (forward or backward).
- **Time Button:** Increases the running time up to 30 minutes.
- **Data Button:** Cycles through display data (Time, Speed, Calories, Distance).

### 5.3 Adjusting Speed and Direction

Use the "Speed +" and "Speed -" buttons on the remote control to increase or decrease the intensity of your workout. The current speed level will be displayed on the LCD screen. Press the "Direction" button to switch between forward and backward pedaling, engaging different muscle groups.

# 12 ADJUSTABLE SPEED LEVELS



Smooth



Quiet



Remote Control

Choose your favorite speed and direction to achieve your training

Figure 5.2: The internal motor system allows for smooth and quiet operation with 12 adjustable speed levels.

## 5.4 Understanding the LCD Screen

The easy-to-read LCD screen provides real-time feedback on your workout progress. Use the "Data" button on the remote to cycle through the following metrics:

# SAFE AND STRESS-FREE EXERCISE



Figure 5.3: Detailed view of the LCD screen and its indicators.

- **Scan:** Automatically cycles through all data metrics.
- **Time:** Displays the duration of your current exercise session.
- **Speed:** Shows the current speed level (1-12).
- **Distance:** Indicates the estimated distance covered.
- **Calorie:** Estimates the calories burned during your workout.
- **Counter:** Tracks the total number of rotations.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your FRYLINE Ellipse Leg Exerciser.

- **Cleaning:** Wipe the unit 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. Its compact size (16" x 16" bottom) allows for easy storage under a desk or in a closet.
- **Inspection:** Periodically check the power cord for any signs of damage. If damaged, discontinue use

and contact customer support.

## 7. TROUBLESHOOTING

If you encounter any issues with your FRYLINE Ellipse Leg Exerciser, please refer to the following table for common problems and their solutions:

Problem	Possible Cause	Solution
Unit does not power on.	Power cord not properly connected; Power switch is off; No power from outlet.	Ensure power cord is securely plugged into the unit and a working outlet. Check the red power switch on the side of the unit is in the 'ON' position. Test the outlet with another device.
Remote control is not responding.	Remote battery is low or dead; Obstruction between remote and unit; Remote not aimed correctly.	Replace the remote control battery. Ensure there are no objects blocking the signal path. Point the remote directly at the exerciser's sensor.
Pedals are not moving smoothly or making unusual noise.	Obstruction in the mechanism; Unit not on a flat surface; Internal issue.	Check for any foreign objects caught in the pedal mechanism. Ensure the unit is on a completely flat and stable surface. If the problem persists, contact customer support.
LCD screen is blank or flickering.	Power issue; Loose connection.	Unplug the unit, wait 30 seconds, then plug it back in. Ensure the power cord is firmly connected. If the issue continues, contact customer support.

## 8. PRODUCT SPECIFICATIONS

Feature	Detail
Model Name	FR1
Brand	FRYLINE
Color	Black
Product Dimensions (D x W x H)	16.33" x 8.54" x 15.98"
Material	Metal, Acrylonitrile Butadiene Styrene (ABS)
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	300 Pounds
Number of Resistance Levels	12
Item Weight	13.9 Pounds

Feature	Detail
Screen Size	3.14 Inches
Assembly Required	No

## 9. WARRANTY AND SUPPORT

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Your FRYLINE Ellipse Leg Exerciser comes with a **12-Month Warranty** from the date of purchase, covering defects in materials and workmanship under normal use. This warranty does not cover damage caused by misuse, accident, unauthorized modification, or improper maintenance.

For warranty claims, technical support, or any questions regarding your product, please contact FRYLINE customer service. Please have your model number (FR1) and purchase information ready when contacting support.

For the most up-to-date support information, please visit the official FRYLINE website or refer to the contact details provided on your purchase receipt.