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> [UMAY Under Desk Elliptical Machine U5 Instruction Manual](#)

UMAY U5

UMAY Under Desk Elliptical Machine U5 Instruction Manual

Model: U5

Introduction	Safety Instructions	Package Contents	Product Overview	Setup	Operation
	Maintenance	Troubleshooting	Specifications	Warranty & Support	

1. INTRODUCTION

Thank you for choosing the UMay Under Desk Elliptical Machine U5. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new leg exerciser. Please read it thoroughly before first use and retain it for future reference.

2. IMPORTANT SAFETY INSTRUCTIONS

- Read all instructions before using this appliance.
- 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.
- **Do not stand on the elliptical machine.** It is designed for seated use only.
- Ensure the machine is placed on a stable, flat surface during use.
- Keep children and pets away from the machine during operation.
- Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Use only the power adapter supplied with the machine.
- Unplug the machine from the power outlet when not in use or before cleaning.
- Do not expose the machine to water or excessive moisture.
- Do not attempt to repair or modify the machine yourself. Contact customer support for assistance.

3. PACKAGE CONTENTS

Verify that all items are present in the package:

- U MAY Under Desk Elliptical Machine U5
- Foot Straps (x2)
- Power Cord (x1)
- Remote Control (x1)
- PVC Mat (x1)
- User Manual (x1)

**Compact and Portable Design
Easy to carry and store**



**No need assemble
Out of the box**

Image: All components included in the UMay Under Desk Elliptical Machine U5 package, including the main unit, foot straps, power cord, remote control, PVC mat, and user manual.

4. PRODUCT OVERVIEW

The UMay Under Desk Elliptical Machine U5 features an intuitive control panel and a compact design for convenient use. Familiarize yourself with the main parts:

- **Main Unit:** Houses the motor and control system.
- **Foot Pedals:** Textured for grip, designed for comfortable foot placement.

- **LCD Touch Screen:** Displays speed, time, distance, count, and calories.
- **Control Buttons:** Power, Mode, Direction, Speed Up/Down.
- **Remote Control:** Allows for convenient adjustment of settings without bending over.
- **Portable Handle:** Integrated for easy carrying and storage.



Image: A detailed view of the Umay Under Desk Elliptical Machine U5, highlighting the all-in-one LCD touch screen and its various functions including speed, direction, mode, and start/stop controls.

Mute Setting

Mute Sound

- 1 Long press the Power Button to turn off the screen.
- 2 While the screen is off, press and hold the Direction Key for 1.5 seconds.
- 3 You will hear two "beep" sounds to confirm that the sound is now muted.

Normal Sound

- 1 Long press the Power Button to turn off the screen
- 2 While the screen is off, press and hold the Direction Key for 1.5 seconds
- 3 You will hear one "beep" sound to confirm that the sound is now on

Image: An X-ray view of the elliptical machine's internal "Super Power Motor" and gear system, emphasizing its energy-saving, quiet, safe, and durable design.

5. SETUP

5.1 Unpacking and Placement

The Umay Under Desk Elliptical Machine U5 comes fully assembled. Simply remove it from the packaging. Place the machine on a flat, stable surface, either under a desk or in front of a sofa, ensuring sufficient space for comfortable leg movement.

Button & Remote Control

No Need to Bend Over



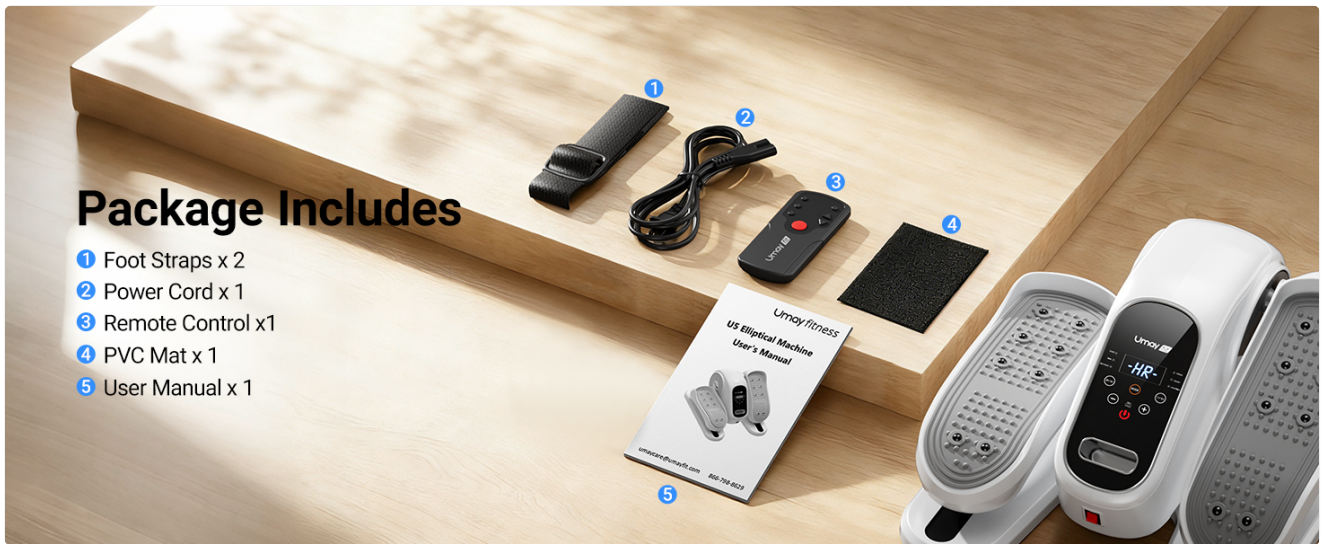
Image: A person carrying the compact Umay Under Desk Elliptical Machine U5 by its integrated handle, demonstrating its portability and ease of storage. The image also shows the machine being taken out of its box, indicating no assembly is required.

5.2 Power Connection

Connect the power cord to the machine's power input port and then plug it into a standard electrical outlet.

5.3 Using Foot Straps

For added stability and to keep your feet securely on the pedals, use the provided foot straps. Place your feet on the pedals and adjust the straps to a comfortable, snug fit over your shoes.



Package Includes

- 1 Foot Straps x 2
- 2 Power Cord x 1
- 3 Remote Control x1
- 4 PVC Mat x 1
- 5 User Manual x 1

Image: A person demonstrating how to secure their feet onto the pedals of the Umay Under Desk Elliptical Machine U5 using the adjustable foot straps, ensuring a stable and comfortable exercise experience.

6. OPERATING INSTRUCTIONS

6.1 Powering On/Off

Press the **Power** button on the control panel or remote control to turn the machine on or off. The LCD screen will illuminate when powered on.

6.2 Auto & Manual Modes

The Umay U5 offers two operating modes:

- **Auto Mode (P1-P12):** Press the **MODE** button to cycle through 12 pre-programmed modes (P1-P12). In Auto mode, the speed changes every minute and the direction changes every 3 minutes automatically.
- **Manual Mode:** Allows you to set your preferred workout time, speed, and direction.



Image: An illustration of the Umay Under Desk Elliptical Machine U5's dual operating modes: Auto Mode (P1-P12 with automatic speed/direction changes) and HR Mode (12 speeds, manually adjustable), shown with a user exercising comfortably.

6.3 Time Adjustment (Manual Mode)

In Manual Mode, use the **TIME** button on the control panel or remote to adjust the workout duration from 15 to 30 minutes.

6.4 Speed Adjustment (Manual Mode)

In Manual Mode, use the **SPEED UP** (▲) and **SPEED DOWN** (▼) buttons on the control panel or remote to select from 12 speed levels. Levels 1-4 are low speed for relaxation, 5-8 for moderate, and 9-12 for higher intensity.

Remote & Button Control



Image: A visual guide to the 12 speed levels of the Umay Under Desk Elliptical Machine U5, categorizing them for different exercise intensities: 1-3 for walking, 4-6 for jogging, 7-9 for running, and 10-12 for sprinting, illustrating how the machine can be used for various workout types.

6.5 Direction Change

Press the **DIRECTION** button on the control panel or remote to switch between forward and backward pedaling. This targets different muscle groups in your ankles and thighs.



Image: A diagram illustrating the forward and reverse pedaling directions of the Umay Under Desk Elliptical Machine U5, highlighting how each direction can reduce impact on knees, stimulate gluteal muscles, and protect the ankle.

6.6 Mute Function

To mute the sound prompts:

1. When plugged in, long press the **Power** button to turn off the screen.
2. While the screen is off, press and hold the **Direction** button for 1.5 seconds.
3. You will hear two "beep" sounds to confirm that the sound is now muted.

To restore normal sound, follow the same steps. You will hear one "beep" sound to confirm the sound is restored.

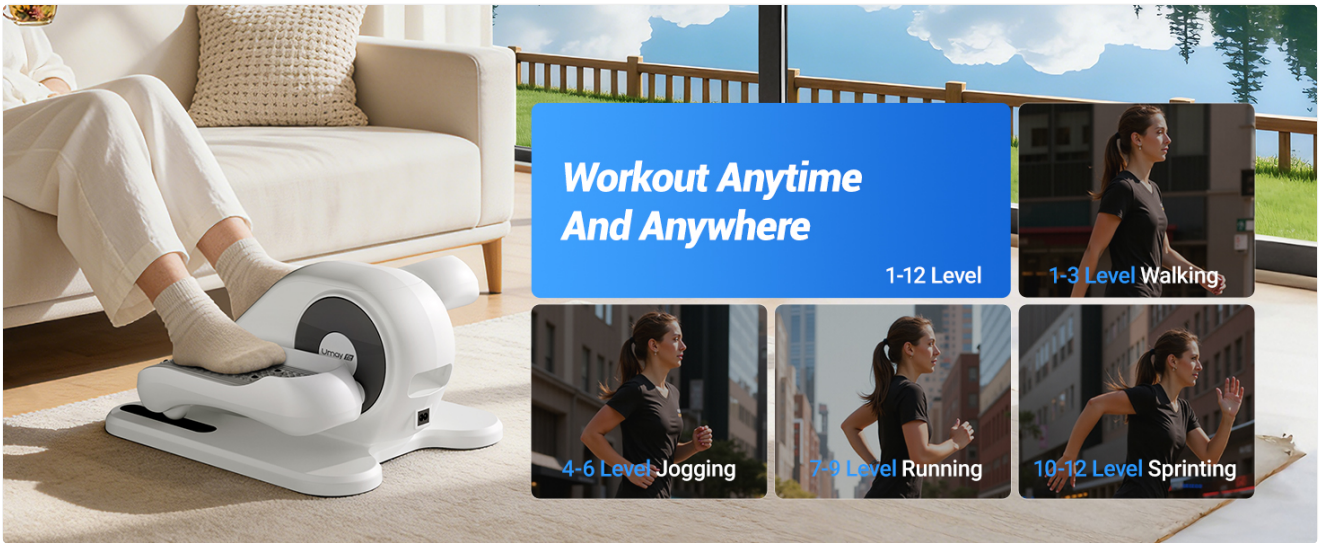


Image: A visual guide demonstrating how to activate and deactivate the mute function on the Umay Under Desk Elliptical Machine U5 by long-pressing the Power button and then the Direction button for 1.5 seconds.

6.7 Remote Control

The included remote control allows you to conveniently adjust all settings (Power, Mode, Speed, Direction) without needing to bend down to the machine's control panel.

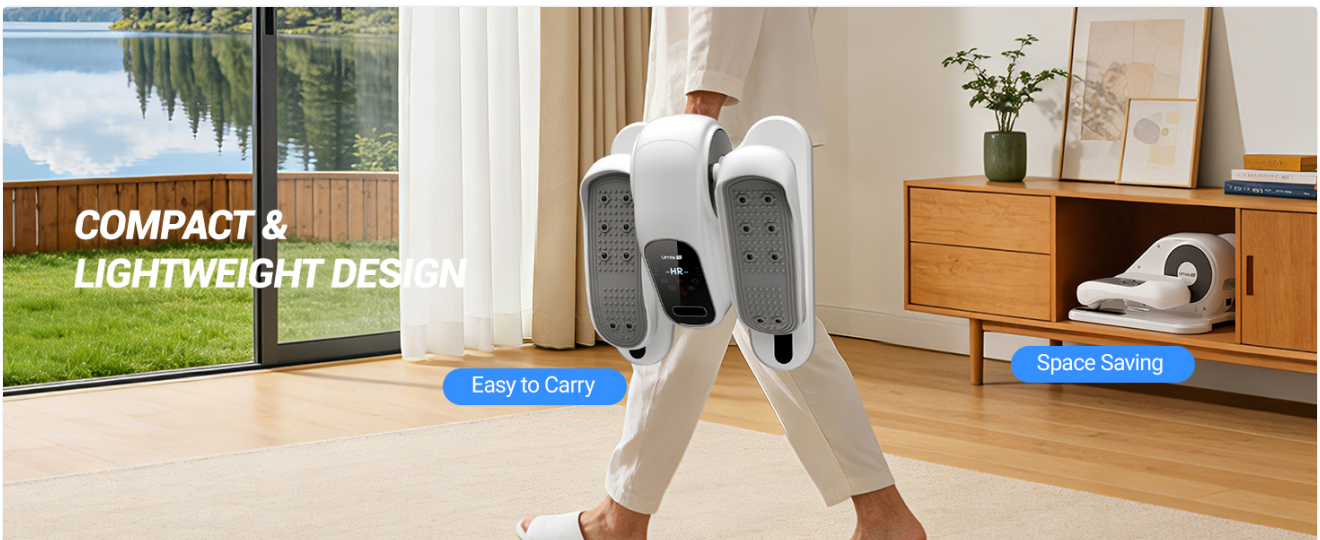


Image: A comparison showing the Umay Under Desk Elliptical Machine U5 being operated both with its remote control and directly via its integrated control panel, highlighting the convenience of remote operation.

7. MAINTENANCE

7.1 Cleaning

- Always unplug the machine before cleaning.
- Wipe the surface of the machine with a soft, damp cloth.
- Do not use abrasive cleaners or solvents, as they may damage the finish.

- Ensure no moisture enters the internal components.

7.2 Storage

- Store the machine in a cool, dry place away from direct sunlight and extreme temperatures.
- If storing for an extended period, cover the machine to protect it from dust.
- The compact design and integrated handle make it easy to store in small spaces.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected. Power outlet not working.	Ensure the power cord is securely plugged into both the machine and a working electrical outlet. Try a different outlet.
Remote control not working.	Batteries are dead or incorrectly inserted. Obstruction between remote and machine.	Replace batteries with new ones, ensuring correct polarity. Remove any obstructions. Ensure remote is pointed towards the machine.
Machine makes unusual noise.	Loose parts. Foreign object.	Stop use immediately. Check for any loose parts or foreign objects. If the noise persists, contact customer support.
Pedals are not moving smoothly.	Low power. Overload.	Ensure the machine is properly powered. Do not stand on the machine. Ensure the user's weight does not exceed the maximum recommendation.

If you encounter any issues not listed here, or if the problem persists after attempting the solutions, please contact UMAX customer support.

9. SPECIFICATIONS

Feature	Detail
Model Number	U5
Product Dimensions	45.72 x 25.4 x 40.64 cm (18 x 10 x 16 inches)
Item Weight	5.44 kg (12 lbs)
Material	Aluminum
Color	White
Resistance Mechanism	Manual (motorized assistance)
Maximum Weight Recommendation	136.08 kg (300 lbs)
Speed Levels	12

Feature	Detail
Modes	Auto (P1-P12) & Manual
Included Components	Foot Straps, Power Cord, Remote Control, PVC Mat, User Manual
Manufacturer	UMAY Fitness
Country of Origin	China

10. WARRANTY AND SUPPORT

UMAY is committed to providing high-quality products and excellent customer service.

- **Warranty:** This product comes with a 24-month warranty from the date of purchase.
- **Return Policy:** A 30-day refund guarantee is provided.
- **Customer Service:** UMay offers 24/7 customer support for any inquiries or issues. Please refer to the contact information provided in your purchase documentation or on the official UMay website for assistance.



Image: An infographic detailing UMay's customer support commitments, including 24/7 service, a 30-day refund guarantee, and a 24-month warranty.