rollingsurfer EM-02

Rollingsurfer Electric Elliptical Machine User Manual

Model: EM-02

Introduction

The Rollingsurfer Under Desk Elliptical Machine is designed to provide a convenient and effective low-impact exercise experience for users of all ages, particularly those who spend extended periods seated. This portable elliptical trainer helps improve mobility, stimulate blood circulation, and strengthen lower body muscles without putting excessive strain on joints. Its compact design allows for use under most desks, making it ideal for home or office environments. The machine offers both automatic and manual operation modes with adjustable speeds and bidirectional pedal movement.



Image: The Rollingsurfer elliptical machine in use, demonstrating its suitability for seated, low-impact exercise that promotes joint health and circulation.

Safety Instructions

- Read all instructions before using the machine.
- Ensure the machine is placed on a flat, stable surface during operation.
- Keep hands, feet, and clothing clear of all moving parts.
- Do not stand on the machine. It is designed for seated use only.
- Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- Keep out of reach of children and pets.
- Unplug the machine from the power outlet when not in use or before cleaning.

Package Contents

Verify that all components are present in the package:

- 1 x Rollingsurfer Motorized Elliptical Trainer
- 1 x Power Cable (standard suitable for your region)
- 1 x Remote Control
- 1 x User Manual (this document)



Image: Visual representation of the items included in the product package: the elliptical trainer, power cable, remote control, and user manual.

Setup

The Rollingsurfer Elliptical Machine comes fully assembled, requiring no complex installation. Simply unbox the unit and prepare it for use.

1. **Placement:** Place the elliptical machine on a flat, stable surface where you intend to use it. Ensure there is enough space around the unit for comfortable movement and to prevent obstruction.

2. **Power Connection:** Locate the power input port on the machine. Connect the provided power cable to the machine and then plug the other end into a standard electrical outlet (100-240V, 50/60Hz).
3. **Remote Control:** Ensure the remote control has working batteries (not included). The remote is essential for convenient operation.



Image: The Rollingsurfer elliptical machine, ready for setup. This view shows the overall design and components.

Operating Instructions

The Rollingsurfer elliptical machine offers both automatic and manual modes, allowing for flexible exercise routines. All functions can be controlled via the included remote control or the main control panel.



Image: The control panel of the elliptical machine, detailing the various buttons and display records for time, distance, speed, counter, and calories.

Power On/Off

- Press the **Start/Stop** button on the control panel or remote to turn the machine on or off.

Mode Selection (Auto vs. Manual)

- Press the **MODE** button on the control panel or remote to switch between modes.
- **Automatic Mode (P1-P3):** In this mode, the machine automatically adjusts the direction and speed of the pedals over a 30-minute period. There are three preset automatic programs (P1, P2, P3) to choose from.
- **Manual Mode (HR):** This mode allows you to manually control the speed and direction of the pedals. You can adjust these settings for up to 30 minutes.



Image: Illustration of the Auto Mode (P1, P2, P3) with automatic direction and speed adjustment, and Manual Mode (HR) for user-controlled functions and speeds.

Speed Adjustment

- In Manual Mode (HR), use the **SPEED** buttons (up/down arrows) on the control panel or remote to adjust the speed.
- There are 5 speed levels (01-05) available, ranging from 1.5 km/hour to 5.7 km/hour.

Pedal Direction

- In Manual Mode (HR), press the **DIRECTION** button on the control panel or remote to switch the pedal rotation between forward and backward.

Display Records

- The digital display on the control panel shows various metrics including **TIME**, **DISTANCE**, **SPEED**, **COUNTER** (number of rotations), and **CALORIE** (estimated calories burned).
- Press the **FUNCTION** button to cycle through these display records.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your Rollingsurfer elliptical machine.

- **Cleaning:** Wipe down the machine with a soft, damp cloth after each use to remove dust and sweat. Do not use abrasive cleaners or solvents. Ensure the machine is unplugged before cleaning.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design and portable handle make it easy to move and store safely in any room.
- **Inspection:** Periodically check all parts for any signs of wear or damage. If any issues are found, discontinue use and contact customer support.



Image: The portable design of the elliptical machine, illustrating how easily it can be moved and stored due to its integrated handle and compact size.

Troubleshooting

If you encounter any issues with your Rollingsurfer elliptical machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Power cable not properly connected; Power outlet not working.	Ensure power cable is securely plugged into the machine and a working outlet. Test the outlet with another device.
Pedals are not moving.	Machine is off; Not in an active mode; Obstruction.	Press Start/Stop. Select an Auto or Manual mode. Check for any objects blocking the pedals.
Remote control not working.	Batteries are dead or incorrectly inserted; Remote not aimed at receiver.	Replace batteries. Ensure batteries are inserted with correct polarity. Aim the remote directly at the machine's control panel.
Unusual noise during operation.	Loose parts; Machine not on a flat surface.	Ensure all parts are secure. Place the machine on a level surface. If noise persists, contact customer support.

Specifications

Detailed technical specifications for the Rollingsurfer Electric Elliptical Machine (Model EM-02):

Feature	Specification
Model Name	EM-02
Brand	rollingsurfer
Color	Green
Material	ABS Plastic and Aluminum
Product Dimensions (L x W x H)	43 x 34 x 24.5 cm (16.93 x 13.39 x 9.65 inches)
Product Weight	7.5 kg (16.53 lbs)
Rated Power	60 W
Voltage	100-240 V, 50/60 Hz
Resistance Mechanism	Manual (with motorized assistance)
Number of Resistance Levels	3 (implied by P1-P3 auto modes, 5 speed levels in manual)
Maximum Weight Recommendation	300 lbs
Maximum Step Length	11.8 Inches (30 cm)
Included Components	Elliptical Machine, Power Cable, User Manual, Remote Control

Warranty Information

Rollingsurfer products are manufactured with high-quality materials and undergo strict quality control. This product is covered by a limited warranty against manufacturing defects from the date of purchase. Please retain your proof of purchase for warranty claims. The warranty does not cover damage caused by misuse, accident, unauthorized modification, or normal wear and tear. For specific warranty terms and conditions, please refer to the documentation provided with your purchase or contact customer

support.

Customer Support

For any questions, technical assistance, or warranty inquiries, please contact Rollingsurfer customer support. Our team is available to help you with any issues you may encounter with your elliptical machine.
Please have your product model number (EM-02) and purchase information ready when contacting support to ensure efficient service.
Contact information (e.g., website, email, phone number) can typically be found on the product packaging or the official Rollingsurfer website.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question