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AODI EM-02

AODI EM-02 Under Desk Elliptical Machine User Manual

Model: EM-02 | Brand: AODI

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your AODI EM-02 Under Desk Elliptical Machine. Please read this manual thoroughly before operating the device and retain it for future reference.

Important Safety Note: This elliptical machine is designed for seated use only. Do not use while standing, as this may cause serious damage to the machine and potential injury.

2. PACKAGE CONTENTS AND SETUP

The AODI EM-02 Under Desk Elliptical Machine comes fully assembled. Upon unpacking, verify that all components are present and undamaged.

- Elliptical Machine (1 unit)
- Power Cord (1 unit)
- Remote Control (1 unit)
- User Manual (1 unit)

2.1 Unboxing and Initial Inspection

Carefully remove the elliptical machine and its accessories from the packaging. Inspect all items for any signs of damage. If any components are missing or damaged, please contact customer support immediately.



Figure 1: AODI EM-02 Under Desk Elliptical Machine with remote control.

Portability & Convenient Storage



EASY TO
CARRY



NO
INSTALLATION



SPACE
SAVING



14.33LBS
Product weight



Figure 2: The elliptical machine's dimensions are approximately 15 x 13 x 19 cm, weighing 6.5 kg, making it portable with a built-in handle.

2.2 Placement

Place the elliptical machine on a flat, stable surface. Ensure there is enough space around the device for comfortable use and to prevent obstructions during operation. The device is designed for use while seated, for example, under a desk or in front of a sofa.

3. OPERATING INSTRUCTIONS

The AODI EM-02 offers both automatic and manual operation modes, controlled via the integrated LCD display or the remote control.

3.1 Powering On/Off

- Connect the power cord to the elliptical machine and then to a power outlet.
- Press the 'POWER' button on the device or remote control to turn the machine on or off.

3.2 Understanding the LCD Display

The LCD display provides real-time exercise data and allows for mode selection and speed adjustments.



Figure 3: The LCD display shows Time, Distance, Speed, Counters, and Calories. Buttons include Function, Power, Mode, Direction, and Speed.

3.3 Automatic Mode (P1-P3)

In Automatic Mode, the machine automatically adjusts speed and direction for a 30-minute workout. You cannot manually change speed or direction in this mode.

- Press the 'MODE' button to cycle through P1, P2, and P3 automatic programs.
- Each program offers a different sequence of speed and direction changes.

3.4 Manual Mode (HR)

Manual Mode allows you to control the speed and direction of pedaling. This mode can be used with or without electric power.

- Press the 'MODE' button until 'HR' appears on the display to enter Manual Mode.
- **Electric Mode (Plugged In):**

- Use the 'SPEED' buttons (up/down arrows) to select from 5 speed levels.
- Use the 'DIRECTION' button to switch between forward and backward pedaling.

- **Non-Electric Mode (Unplugged):**

- When unplugged, the movement is driven by human power.
- In this mode, the pedals only support backward pedaling.

Video 1: Demonstration of non-electric mode (backward pedaling only) and electric mode (forward and backward pedaling) for the AODI EM-02 elliptical machine.

3.5 Remote Control Operation

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



Figure 4: Remote control allows for easy operation while seated, reducing the need to bend down.

- The remote control duplicates the functions of the buttons on the main display (Power, Mode, Speed, Direction, Function).
- Ensure the remote control has batteries installed (not included).

3.6 Pedal Features

The elliptical features anti-slip foot pedals with floating point particles designed to promote blood circulation and enhance joint flexibility.



Figure 5: Upgraded massage pedals with floating point particles for comfort and circulation.

3.7 Quiet Operation

The AODI EM-02 is designed with smooth wheels and a sturdy base for quiet operation, allowing use without distraction.



Figure 6: The ultra-quiet design ensures minimal disturbance during use.

4. MAINTENANCE

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

- **Cleaning:** Wipe the machine with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures. The compact design and portable handle make it easy to move and store.
- **Inspection:** Periodically check all parts for wear and tear. Ensure the power cord is not damaged.

5. TROUBLESHOOTING

If you encounter any issues with your AODI EM-02 elliptical machine, please refer to the following common solutions or contact customer support.

- **Machine not powering on:** Ensure the power cord is securely plugged into both the machine and a working electrical outlet.
- **Pedals not moving in electric mode:** Check if the machine is powered on and in the correct mode (Manual or Auto). If in Manual mode, ensure a speed level is selected.
- **Remote control not working:** Verify that the remote control has functional batteries and that there are no obstructions between the remote and the machine's sensor.
- **Pedals only move backward (unplugged):** This is normal operation for the non-electric mode. For forward pedaling, the machine must be plugged in and in electric mode.

For any other issues or if the problem persists, please contact AODI customer service.

6. SPECIFICATIONS

Brand	AODI
Model Number	EM-02
Product Dimensions	15D x 13W x 19H Centimetres (approx. 15 x 13 x 19 cm)
Item Weight	6.5 kg
Color	Green
Material	Vinyl
Controls Type	Remote
Number of Resistance Levels	5
Operation Mode	Manual and Automatic
Power Source	Hybrid (Electric and Non-Electric)
Batteries Included?	No (for remote control)

7. WARRANTY AND SUPPORT

AODI provides a **1-year warranty** for the EM-02 Under Desk Elliptical Machine.

For any questions or concerns regarding your product, please contact AODI customer service through Amazon.



3 Install the wheels
The front wheel is smaller and the rear wheel is larger. Insert the rear shaft of the wheel into the corresponding shaft hole, and rotate the wheel to check whether it is flexible and smooth to be pulled out. After the installation is completed.
When the wheels are not fixed, please do not put the basket of "push reason" and the wheel can be removed.

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4. Install the armrest
Place the armrest through the large slot and insert it into the slot on the side of the seat, when it is stuck and cannot be pulled out, the installation is complete.



5. Press the center button to open the safety buckle. Rotate the left and right side buttons to lock seat belt.



6. Adjust the angle of the backrest.



7. Hold the adjustment switch and adjust it according to the desired angle of backrest.



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8. One button holding
When stepping the push, please step on the board to ensure the roller does not slide and ensure safety.



9. One-hand holding
Pull up the button (A) lock the canopy, hold the middle of the push handle, and push the whole part down, then lock the safety lock with one side of the pipe.



10. Reversible roller setting
Both hands respectively pull up the reversing parts, and rotate the roller sides of the push handle, make the push handle reversible. When the base part of the push handle is fully fixed with the roller, and the roller arrow, the setting is successful.



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[CEC Appliance Efficiency Regulations Test Report for AODI Intelligent Toilets](#)

Comprehensive test report detailing water consumption and waste extraction for AODI and IFLUSH intelligent toilet models, conducted according to CEC and DOE regulations. Includes product specifications, test results, and compliance information.



[Installation Manual: Adjustable Height Desk \(Model 210247-01-24B-PF\)](#)

Step-by-step installation guide for the adjustable height desk, model 210247-01-24B-PF. Features include assembly instructions, parts list, safety warnings, and warranty details.

Version: 210247-01-24B-PF



[VEVOR Height Adjustable L Shaped Desk ZWE-02 Assembly and Operating Manual](#)

Detailed assembly instructions, operating guide, and troubleshooting for the VEVOR Height Adjustable L Shaped Desk (Model ZWE-02). Includes parts list, safety warnings, step-by-step assembly, operating procedures, and product specifications.