ANCHEER AC-5563B

ANCHEER Under Desk Elliptical Machine User Manual

Model: AC-5563B
Brand: ANCHEER

1. Product Overview

The ANCHEER Under Desk Elliptical Machine is a versatile fitness device designed for low-impact exercise while seated. It offers both electric and manual modes, an LCD display to track progress, and a convenient remote control. Its compact design makes it suitable for use at home or in the office.



Figure 1.1: Overview of the ANCHEER Under Desk Elliptical Machine, including the main unit, remote control, and LCD display.

2. Setup

The ANCHEER Under Desk Elliptical Machine comes 100% pre-assembled, requiring no tools or complicated setup. Simply remove it from the packaging, place it on a flat, stable surface, and plug it into a power outlet if you wish to use the electric modes.



Figure 2.1: The elliptical machine is ready to use directly out of the box, with no assembly required.

2.1 Placement

Place the elliptical on a firm, level surface. Ensure there is enough space around the unit for comfortable leg movement, especially if using it under a desk or table. The compact design allows for flexible placement in various environments.



Figure 2.2: The elliptical is designed to fit conveniently under a desk, promoting active sitting.

2.2 Power Connection

Connect the power adapter to the elliptical machine and then to a standard electrical outlet. The machine can be used without power for manual exercise, but electric modes require a power connection.

3. Operating Instructions

The ANCHEER elliptical offers both automatic and manual exercise modes, controlled via the integrated LCD display or the included remote control.

3.1 Control Panel Overview



Figure 3.1: The control panel features buttons for Start/Stop, Mode, Direction, Speed, and Data, along with an LCD display showing various metrics.

- **Start/Stop:** Powers the machine on/off and starts/stops the exercise.
- **Mode:** Switches between automatic programs (P1-P3) and manual mode (HA).
- **Direction:** Changes the pedaling direction (forward or backward).
- **Speed:** Adjusts the speed in manual mode (5 levels, 1.5KM/h to 5.7KM/h).
- **Data:** Cycles through displayed metrics: Time, Speed, Calories, Scan, and Distance.

3.2 Remote Control

The included remote control provides convenient access to all functions without needing to bend down.



Figure 3.2: The remote control allows for easy adjustment of modes, speed, and direction.

3.3 Exercise Modes

- **Automatic Mode (P1-P3):** These preset programs offer varying speeds and directions for a guided workout. P1 is a soft mode, P2 is a walking mode, and P3 is an exercise mode.
- **Manual Mode (HA):** Allows for custom adjustment of speed (5 levels) and direction.



Figure 3.3: Visual representation of the manual and automatic exercise modes.

4. Features and Benefits

- **Electric & Manual 2-in-1:** Use with power for assisted motion or without for a purely manual workout.
- **AUTO & Manual Exercise Mode:** Choose from three automatic programs (P1-P3) or customize your workout with 5-level speed adjustments in manual mode.
- **Digital Display Monitor:** Track key metrics including time, speed, calories burned, and distance to monitor your progress.
- **Quiet & Portable Seated Elliptical:** Features a belt drive mechanism with magnetic resistance for a smooth, quiet operation. Its compact design and built-in handle make it easy to move and store.
- **Large Anti-slip Pedals:** Textured pedals ensure a secure footing during exercise.



Figure 4.1: The elliptical supports low-impact exercise in various seated positions, such as on a couch or at a desk.



Figure 4.2: The machine's all-copper motor and magnetic resistance ensure quiet operation, ideal for shared spaces.

5. Maintenance

The ANCHEER Under Desk Elliptical Machine is designed for low maintenance. Regularly wipe down the unit with a damp cloth to keep it clean. Ensure the pedals are free of debris. No specific lubrication or complex maintenance is required due to its sealed belt drive and magnetic resistance system.

6. Troubleshooting

If you encounter any issues with your elliptical machine, please refer to the following common troubleshooting tips:

- **Machine not powering on:** Ensure the power adapter is securely plugged into both the machine and a working electrical outlet.
- **Pedals not moving smoothly:** Check for any obstructions around the pedals or the internal mechanism. Ensure the unit is on a flat surface.
- **Remote control not working:** Verify that the batteries in the remote control are correctly inserted and are not depleted.
- **Display not showing correct data:** Ensure the machine is powered on and in an active exercise mode. If issues persist, try restarting the machine.

For further assistance, please contact ANCHEER customer support.

7. Specifications

Attribute	Value
Model Name	ANCHEER Under Desk Elliptical Machine
Brand	ANCHEER
Model Number	AC-5563B
Color	Multicolor
Product Dimensions	16"D x 16"W x 16"H
Material	Aluminum, Acrylonitrile Butadiene Styrene (ABS)
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	500 Pounds
Number of Resistance Levels	5
Item Weight	16.16 Pounds
Screen Size	5 Inches

8. Warranty & Support

The ANCHEER Under Desk Elliptical Machine comes with a 2-year warranty. For detailed warranty information, product support, or to access the full user manual in PDF format, please visit the official ANCHEER website or refer to the document provided at the time of purchase.
You can also download the official User Manual (PDF) here.

9. Official Product Videos

No official product videos from the seller were available for embedding based on the provided criteria.

Ask a question about this manual

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

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