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rollingsurfer EM-02

Rollingsurfer EM-02 Electric Under-Desk Elliptical Trainer User Manual

Model: EM-02

Introduction

The Rollingsurfer EM-02 Electric Under-Desk Elliptical Trainer is designed to provide a convenient and effective way to exercise while seated. This compact pedal exerciser helps improve lower body mobility, stimulate blood circulation, and strengthen muscles, making it ideal for seniors, individuals in rehabilitation, and sedentary office workers. Please read this manual thoroughly before use to ensure safe and optimal operation.

Product Overview

What's in the Box

Upon unpacking, please ensure all the following components are present:

- Rollingsurfer EM-02 Electric Elliptical Trainer
- Remote Control
- Power Cable (appropriate for your region)
- User Manuals



Figure 1: Contents of the Rollingsurfer EM-02 package.

This image displays the main elliptical machine, a remote control, a power cable, and the user manual, indicating that the product comes fully equipped for immediate use.

Key Features

- **Seated Pedal Exercise:** Specifically designed for seated use, promoting lower body movement without standing.
- **Automatic and Manual Modes:** Offers three automatic programs (P1-P3) with varying speeds and directions, and a manual mode (HR) for personalized control over speed and direction.
- **Adjustable Speed and Direction:** Five speed levels (1.5 KM/h to 5.7 KM/h) and reversible pedal direction (forward/backward) in manual mode.
- **Anti-slip Pedals:** Features anti-slip pedals with floating particles to enhance blood circulation and joint flexibility, while reducing knee joint impact.
- **Quiet and Smooth Operation:** Equipped with a steel flywheel and silent friction pad for a low-noise exercise experience.

- **Compact and Portable Design:** Fully assembled and includes a portable handle for easy movement and storage.
- **LCD Display and Remote Control:** Monitor your progress with the integrated LCD screen and conveniently adjust settings using the included remote control.

Safety Instructions

- Always use the elliptical trainer while seated. **Do not stand on the machine.**
- Ensure the machine is placed on a stable, flat surface before use.
- Keep children and pets away from the machine during operation.
- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Do not insert any objects into the machine's openings.
- Unplug the machine when not in use and before cleaning.
- Do not use the machine if the power cord or plug is damaged.
- Wear appropriate footwear or use barefoot for optimal pedal grip and massage effect.



Figure 2: Important safety warning: Use while seated only.

This image clearly illustrates the correct and incorrect ways to use the elliptical trainer, emphasizing that it is designed for

seated operation only.

Setup

The Rollingsurfer EM-02 comes fully assembled, requiring minimal setup before first use.

1. **Placement:** Place the elliptical trainer on a flat, stable surface where you intend to exercise, such as under a desk or in front of a sofa.
2. **Connect Power:** Insert the power cable into the power port at the rear of the machine, then plug the other end into a suitable electrical outlet.
3. **Power On:** Locate the ON/OFF switch, usually at the rear or side of the machine, and switch it to the 'ON' position. The LCD display should light up.
4. **Attach Foot Straps (Optional):** If desired, attach the provided foot straps to the pedals for added security. Ensure they are securely fastened around your feet.



Figure 3: Connecting the power cable and attaching foot straps.

This image demonstrates the process of connecting the power cable to the elliptical trainer and securing the foot straps onto the pedals for a stable workout.

Operating Instructions

Control Panel and Remote Control

The elliptical trainer can be operated using the buttons on the main unit's control panel or the included remote control. The LCD display shows various exercise data.



Figure 4: Control panel and remote control functions.

This image provides a clear diagram of the control panel and remote, detailing the functions of each button, including Start/Stop, Mode selection, Speed adjustment, Direction change, and Data display (Time, Distance, Speed, Calories).

Modes of Operation

The EM-02 offers two primary operating modes: Automatic and Manual.

Automatic Mode (P1-P3)

In Automatic Mode, the machine automatically adjusts the rotation direction and speed over a 30-minute period. There are three preset programs (P1, P2, P3) to choose from, each offering a different exercise intensity and pattern. You cannot manually change speed or direction in this mode.

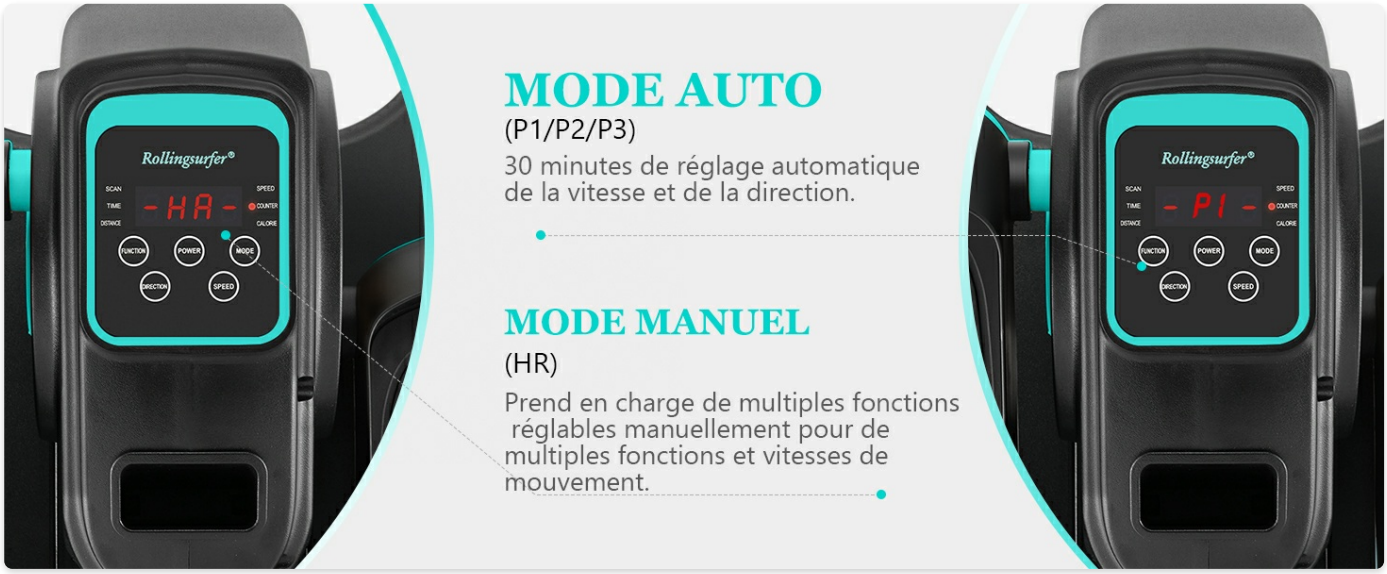


Figure 5: Automatic and Manual Mode selection.

This image illustrates the difference between Auto Mode, which provides 30 minutes of automatic speed and direction adjustments, and Manual Mode, which allows for user-controlled functions and speeds.

Manual Mode (HR)

In Manual Mode, you have full control over the speed and direction of the pedals for a 30-minute duration. This allows for a personalized workout experience.

- **Changing Speed:** Use the 'Speed +' and 'Speed -' buttons on the control panel or remote to adjust between 5 speed levels (01-05).
- **Changing Direction:** Press the 'Direction' button to switch between forward and backward pedaling.



Figure 6: Using the remote control in Manual Mode.

This image shows a user operating the elliptical trainer with their feet on the pedals, demonstrating how to use the remote control to adjust settings in Manual Mode.

Non-Electric Mode (Manual Resistance)

The EM-02 can also be used without being plugged in. In this mode, the movement is driven by human power, not electric power. This provides a different type of resistance for your workout.
When unplugged, the pedal only supports backward movement. When plugged in, the pedals support both forward and backward pedaling. To pedal forward in non-electric mode, you need to manually push the pedals forward.

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Video 1: How to use the elliptical trainer in non-electric mode to get resistance. This video demonstrates how to pedal backward when unplugged and how to switch to forward pedaling when plugged in using the remote control.

This video tutorial demonstrates how to engage the non-electric mode for resistance training, showing both backward pedaling when unplugged and how to enable forward pedaling when the device is powered.

Monitoring Your Progress

The LCD display provides real-time feedback on your workout:

- **SCAN:** Cycles through all metrics automatically.
- **TIME:** Duration of your workout.
- **DISTANCE:** Estimated distance covered.
- **SPEED:** Current pedaling speed.
- **COUNTER:** Total number of rotations.
- **CALORIE:** Estimated calories burned.



Figure 7: LCD Monitor displaying workout data.

This image shows the elliptical trainer's LCD monitor, which displays important fitness data including scan, time, distance, speed, counter, and calories, allowing users to track their progress.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your Rollingsurfer EM-02 elliptical trainer.

- **Cleaning:** Wipe down 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. Its compact design and portable handle make it easy to store in small spaces.
- **Inspection:** Periodically check all moving parts and connections to ensure they are secure and functioning correctly.



Figure 8: Portable design and easy storage.

This image highlights the elliptical trainer's portable design, showing a woman easily carrying it by its handle and storing it conveniently under a shelf, emphasizing its space-saving features.

Troubleshooting

If you encounter any issues with your Rollingsurfer EM-02, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Power cable not connected properly; Power switch is off; Power outlet issue.	Ensure power cable is securely plugged into both the machine and the outlet. Check if the power switch is in the 'ON' position. Test the outlet with another device.
Pedals are not moving.	Machine is not powered on; Incorrect mode selected; Remote control batteries are low.	Verify the machine is powered on. Ensure a mode (Auto or Manual) is selected and started. Replace remote control batteries if necessary.
Unusual noise during operation.	Loose components; Obstruction.	Check for any loose screws or parts and tighten them. Ensure there are no obstructions around the pedals or moving parts.
Remote control not responding.	Low or dead batteries; Obstruction between remote and machine.	Replace the batteries in the remote control. Ensure there is a clear line of sight between the remote and the machine's sensor.

Specifications

Feature	Specification
Model Number	EM-02
Color	Green

Feature	Specification
Material	ABS Plastic, Aluminum
Dimensions (L x W x H)	43 x 34 x 24.5 cm (16.93 x 13.39 x 9.65 inches)
Item Weight	7.5 Kilograms (16.5 lbs)
Resistance Mechanism	Manual (for non-electric mode)
Number of Speed Levels	5
Maximum Weight Recommendation	300 Pounds
Maximum Stride Length	11.8 Inches
Display Metrics	Time, Speed, Distance, Calories, Counter
Batteries Included	No (for remote control)

Warranty and Support

Rollingsurfer products are designed for quality and durability. For any warranty claims, technical support, or questions regarding your EM-02 Electric Under-Desk Elliptical Trainer, please contact Rollingsurfer customer service through the retailer where you purchased the product or visit the official Rollingsurfer website for contact information.
Please retain your proof of purchase for warranty purposes.

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