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› [WELCARE](#) /

› [Welcare Elliptical Cross Trainer WC6010 User Manual](#)

WELCARE WC6010

Welcare Elliptical Cross Trainer WC6010 User Manual

Model: WC6010

1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating the Welcare Elliptical Cross Trainer WC6010. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure all parts are securely tightened before each use.
- Place the elliptical on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the equipment during operation.
- The maximum user weight for this machine is 100 kg. Do not exceed this limit.
- Wear appropriate exercise attire and footwear.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

2. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received all items listed below. If any parts are missing or damaged, contact Welcare customer service.

- Main Frame Assembly
- Handlebars (Fixed and Moving)
- Foot Pedals
- Seat and Seat Post
- LCD Monitor
- Stabilizers (Front and Rear)
- Hardware Kit (Bolts, Washers, Nuts, Tools)
- User Manual



Figure 2.1: Exploded view of the Welcare WC6010 Elliptical Cross Trainer components.

3. ASSEMBLY INSTRUCTIONS

Assembly typically requires two people. Follow the step-by-step instructions provided in the separate assembly guide or contact customer service for professional installation. Ensure all connections are secure before use.

1. Attach the front and rear stabilizers to the main frame.
2. Install the foot pedals onto the crank arms.
3. Mount the seat post and seat onto the main frame.
4. Connect the moving handlebars and their linkage arms.
5. Attach the fixed handlebars and the LCD monitor. Connect all sensor cables.
6. Perform a final check to ensure all bolts and nuts are tightened.

4. OPERATING INSTRUCTIONS

4.1. LCD Monitor Functions

The integrated LCD monitor displays your workout data. Press the MODE button to cycle through the functions or hold it to reset values.

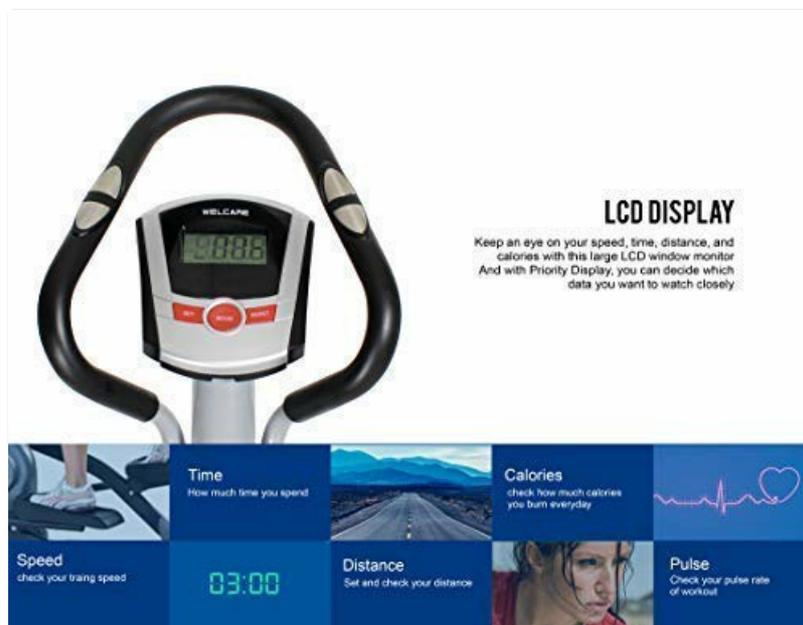


Figure 4.1: LCD Monitor displaying various workout parameters.

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your current workout.
- **SPEED:** Shows your current workout speed.
- **DISTANCE:** Indicates the distance covered during the current session.
- **CALORIES:** Estimates the calories burned during your workout.
- **PULSE:** Displays your heart rate when holding the pulse sensors.
- **ODO (Odometer):** Shows the total accumulated distance.

4.2. Hand Pulse Sensor

To measure your heart rate, firmly grasp the metal plates on the fixed handlebars. Your pulse will be displayed on the LCD monitor after a few seconds.



Figure 4.2: Hand pulse sensors on the handlebars.

4.3. Flywheel Operation

The 9 kg flywheel provides smooth, two-way rotation, contributing to a consistent and effective workout experience.



Figure 4.3: The 9 kg flywheel for smooth operation.

5. ADJUSTMENTS

5.1. Resistance Adjustment

The Welcare WC6010 features 8 levels of manual magnetic resistance. Turn the tension control knob clockwise to increase resistance and counter-clockwise to decrease it. Adjust resistance while off the machine or during a workout as needed.



Figure 5.1: Resistance tension control knob.

5.2. Seat Adjustment

The seat can be adjusted both horizontally and vertically to accommodate different user heights and preferences. Loosen the adjustment knob, move the seat to the desired position, and securely tighten the knob before use.



Figure 5.2: Seat adjustment mechanism.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your elliptical cross trainer.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts for friction. Apply a silicone-based lubricant if squeaking occurs.
- **Hardware Check:** Regularly inspect all bolts, nuts, and screws to ensure they are tight. Tighten as necessary.
- **Storage:** Store the elliptical in a dry, cool place away from direct sunlight and moisture.

7. TROUBLESHOOTING

Refer to this section for solutions to common issues. If the problem persists, contact Welcare customer service.

Problem	Possible Cause	Solution
LCD Monitor not displaying	Loose cable connection, dead batteries.	Check all cable connections. Replace batteries in the monitor.
Unusual noises (squeaking, grinding)	Loose hardware, lack of lubrication on moving parts.	Tighten all bolts and nuts. Apply silicone lubricant to pivot points.
Resistance not changing	Tension cable disconnected or damaged.	Inspect the tension cable connection to the resistance mechanism. Contact service if damaged.
Inaccurate pulse reading	Hands not firmly on sensors, dry hands, loose cable.	Ensure firm contact with sensors. Moisten hands slightly if dry. Check sensor cable connection.

8. SPECIFICATIONS

Feature	Detail
Model Name	WC6010
Brand	WELCARE
Resistance Mechanism	Magnetic, Manual

Feature	Detail
Number of Resistance Levels	8
Flywheel Weight	9 kg
Maximum Stride Length	16 Inches
Maximum User Weight	100 kg
Item Weight	34 kg
Assembly Area (L x W x H)	1300 x 630 x 1620 mm (51"x24.5"x63")
Material	Metal, Plastic
Color	Silver, Black
Country of Origin	China

9. WARRANTY AND SUPPORT

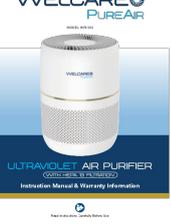
The Welcare Elliptical Cross Trainer WC6010 comes with a **1-Year product warranty**. For warranty claims, technical support, or installation assistance, please contact Welcare customer service. Installation charges may apply. For further assistance, visit the official [WELCARE Store on Amazon](#).



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Related Documents - WC6010

	<p>Welcare Aqua-Pulse Water Flosser WAWF100: Instruction Manual & Warranty Information</p> <p>Comprehensive instruction manual and warranty details for the Welcare Aqua-Pulse Water Flosser (Model WAWF100), covering features, operation, maintenance, troubleshooting, and safety guidelines.</p>
	<p>Welcare Breatheasy Peak Flow Meter WPFM100: Instructions and Warranty</p> <p>Comprehensive guide to using the Welcare Breatheasy Peak Flow Meter (Model WPFM100) for monitoring respiratory conditions. Includes setup, usage instructions, safety information, and warranty details.</p>

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