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GYMAX Under Desk Elliptical

GYMAX Under Desk Elliptical Leg Exerciser Instruction Manual

Model: Under Desk Elliptical

1. Introduction

This manual provides essential information for the safe and effective operation of your GYMAX Under Desk Elliptical Leg Exerciser. Designed for low-impact workouts, this machine offers a convenient way to engage in physical activity while seated. Please read this manual thoroughly before using the product and retain it for future reference.

2. Safety Information

- Consult a physician before starting any new exercise program.
- Ensure the machine is placed on a stable, level surface during use.
- Keep children and pets away from the machine during operation.
- Do not stand on the pedals. This device is designed for seated use only.
- Use only the provided power adapter.
- If you experience pain, dizziness, or discomfort, stop exercising immediately.
- Maximum user weight recommendation: 226.8 kg (500 lbs).

3. Package Contents

Verify that all components are present in the package:

- 1 x GYMAX Under Desk Elliptical Machine
- 1 x Remote Control
- 1 x Power Adapter (5 ft cable)
- 1 x Instruction Manual (this document)



Image: The GYMAX Under Desk Elliptical machine, remote control, and power adapter, illustrating the items included in the package. The elliptical is black with blue LED accents.

4. Product Overview

The GYMAX Under Desk Elliptical is designed for convenient, low-impact leg exercise. Key features include:

- **LED Digital Display:** Shows time, distance, calories burned, speed, and pedal rotation count.
- **Remote Control:** For easy adjustment of settings without bending over.
- **Manual Mode (HA):** Allows selection of 5 speed levels, adjustable direction, and time (1-10 minutes).
- **Automatic Modes (P1, P2, P3):** Pre-set programs with varying direction and speed for 10-minute cycles.
- **Reversible Rotation:** Pedals can rotate forward or backward.
- **Quiet Operation:** Equipped with a powerful motor and smooth pedal wheels.
- **Portable Design:** Features transportation wheels, a retractable handle bar, and a recessed handle for easy movement and storage.
- **Anti-skid Pedals:** Textured surface for secure foot placement.



Image: The GYMAX Under Desk Elliptical machine from a front-top angle, showcasing its black design, illuminated blue accents, foot pedals, and the integrated LED display. A remote control and a close-up of the LED display are shown in the top right corner.

5. Setup

The GYMAX Under Desk Elliptical requires no assembly. It is ready for use directly out of the box.

1. **Placement:** Place the elliptical machine on a flat, stable surface under a desk or in an open area where you intend to use it. Ensure there is enough space for your legs to move freely.
2. **Power Connection:** Connect the provided power adapter to the elliptical's power input port and then plug it into a standard electrical outlet (100-240V, 50/60 Hz).
3. **Initial Power On:** The machine will power on once connected. The LED display will illuminate.



Image: The GYMAX Under Desk Elliptical machine, showing the power adapter and remote control, indicating no assembly is required for setup.

6. Operating Instructions

6.1 LED Display and Control Panel

The integrated LED display provides real-time feedback on your workout. The control panel on the machine allows for direct adjustments.



Image: A detailed view of the elliptical's LED display, showing various metrics like time, distance, calories, speed, and pedal rotations. The control buttons (Direction, Power, Mode, Speed+, Speed-) are also visible.

- **SCAN:** Cycles through display metrics automatically.
- **TIME:** Displays workout duration (1-10 minutes in manual mode).
- **DISTANCE:** Shows distance covered (0.1-2.4 km).
- **SPEED:** Indicates current speed level (1-5).
- **CALORIE:** Estimates calories burned.
- **COUNTER:** Displays total pedal rotations.
- **DIRECTION:** Indicates forward or backward rotation.
- **POWER Button:** Turns the machine on/off.
- **MODE Button:** Switches between Manual (HA) and Automatic (P1, P2, P3) modes.
- **SPEED +/- Buttons:** Adjusts speed in Manual mode.

6.2 Using the Remote Control

The remote control provides convenient access to all functions from your seated position.



Image: A person seated, operating the GYMAX Under Desk Elliptical with the remote control, highlighting the ease of use without bending over. The remote has buttons for Start/Pause and speed levels (L1, L3, L5).

- **Power Button:** Turns the machine on/off.
- **Start/Pause Button:** Initiates or temporarily stops the exercise.
- **Direction Button:** Toggles between forward and backward pedal rotation.
- **Mode Button:** Cycles through Manual (HA) and Automatic (P1, P2, P3) programs.
- **Speed +/- Buttons:** Increases or decreases the speed level in Manual mode.
- **Shortcut Buttons (L1, L3, L5):** Directly selects speed levels 1, 3, or 5.

6.3 Manual Mode (HA)

In Manual Mode, you have full control over the workout settings.

1. Press the **MODE** button until "HA" appears on the display.
2. Use the **SPEED +/-** buttons to select your desired speed level (1-5).

3. Use the **DIRECTION** button to choose forward or backward rotation.
4. The workout duration can be set from 1 to 10 minutes.
5. Press **START/PAUSE** to begin or pause your exercise.



Image: A person's feet on the elliptical pedals, with a close-up of the control panel displaying "HA" for Manual Mode, indicating adjustable direction, speed, and time.

6.4 Automatic Modes (P1, P2, P3)

The automatic modes offer pre-programmed workouts with varying speeds and directions, each lasting 10 minutes.

1. Press the **MODE** button until "P1", "P2", or "P3" appears on the display.
2. Each program has a preset direction and speed pattern.
3. Press **START/PAUSE** to begin or pause the automatic program.



Image: A person's feet on the elliptical pedals, with close-ups of three control panels displaying "P1", "P2", and "P3" for Automatic Modes, indicating preset direction and speed for 10-minute cycles.

6.5 Reversible Rotation

The pedals can rotate in both forward and backward directions, allowing for varied muscle engagement.



Image: A split image demonstrating the reversible rotation of the elliptical pedals, showing both forward and backward movement. A close-up of the anti-skid pedal texture is also included.

- To change direction, press the **DIRECTION** button on the control panel or remote control.
- The display will indicate the current rotation direction.

7. Maintenance

- **Cleaning:** Wipe the machine with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** When not in use, store the elliptical in a cool, dry place. Utilize the transportation wheels and retractable handle for easy movement.
- **Inspection:** Periodically check all components for wear or damage. If any issues are found, discontinue use and contact customer support.



Image: A person pulling the GYMAX Under Desk Elliptical using its retractable handle and transportation wheels, demonstrating its portability and ease of storage.

8. Troubleshooting

Problem	Possible Cause	Solution
Machine does not power on.	Power adapter not connected or faulty.	Ensure the power adapter is securely plugged into the machine and a working electrical outlet. Check for power at the outlet.
Pedals are not moving smoothly.	Obstruction or debris.	Inspect the area around the pedals and wheels for any obstructions. Clean if necessary.
Remote control is not working.	Low battery or obstruction.	Replace the remote control battery. Ensure there is no obstruction between the remote and the machine's sensor.
Unusual noise during operation.	Loose parts or internal issue.	Stop using the machine immediately. Inspect for any loose parts. If the noise persists, contact customer support.

9. Specifications

Feature	Detail
Model Name	Under Desk Elliptical
Brand	GYMAX
Color	Black
Material	ABS, PP, Metal, Aluminium Alloy, PU
Overall Dimension (L x W x H)	46 x 41 x 25 cm (18 x 16 x 10 inches)
Size of Foot Pedal (L x W)	31 x 11.5 cm
Power	48W
Voltage	100-240V, 50/60 Hz
Programs	Manual (HA), Automatic (P1, P2, P3)
Speed Levels	5 levels (Manual Mode)
Direction	Forward/Backward
Distance Display Range	0.1-2.4 km
Net Weight	6.8 kg (15 lbs)
Maximum Weight Recommendation	226.8 kg (500 lbs)

10. Warranty and Support

For warranty information or technical support, please refer to the contact details provided with your purchase documentation or visit the official GYMAX website.

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