ANCHEER ME03

ANCHEER Under Desk Elliptical Instruction Manual

Model: ME03
Brand: ANCHEER

Introduction

Welcome to your ANCHEER Under Desk Elliptical. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your new leg exerciser. Designed for low-intensity workouts, it helps improve blood circulation, boost cardiovascular health, and strengthen muscles without stressing joints, ideal for use while sitting.



The ANCHEER Under Desk Elliptical, a compact and efficient leg exerciser designed for seated use, featuring a display monitor and remote control.

Key Features

- **Portable and Easy to Use:** The ANCHEER ellipse leg exerciser redefines fitness flexibility with its built-in wheels and telescopic handle. Easily move and store it in any space, whether you're at home or in the office. Staying active has never been easier!
- **Low-Intensity Workout:** The ANCHEER leg exerciser while sitting offers a perfect low-intensity workout for everyone, from seniors desiring gentle exercise to office workers counteracting prolonged sitting. This ellipse leg exerciser enhances blood circulation, boosts cardiovascular health, and strengthens muscles without stressing the joints. Ideal for staying active while watching TV or reading, it also makes an excellent present for birthdays and other special occasions.
- **Smart & Quiet Operation:** The ANCHEER pedal exerciser for seniors includes a handy remote control for easy mode changes without bending over. Enjoy uninterrupted workouts with whisper-quiet technology, while the LCD screen tracks vital metrics like time, speed, count, and mode in real-time.

- **Versatile and User-Friendly:** ANCHEER ellipse leg exerciser offers multiple workout modes while sitting. In HA mode, you can manually adjust the direction (forward and reverse) and speed (1-5 levels) using the remote control. The P1/P2/P3 modes come with pre-set programs, that automatically adjust the running speed and direction. Please do not stand on the foot pedal exercise machine.



This image highlights the portability of the ANCHEER Under Desk Elliptical, showcasing its built-in wheels, retractable handle, and magnetic remote control storage.



The display panel of the elliptical showing HA mode for manual speed and direction adjustment, and P1/P2/P3 modes for automatic program adjustments.



An overview of the elliptical's smart features, including multiple working modes, two directions, remote control, five speed levels, data tracking display, and quiet operation.

Setup

Your ANCHEER Under Desk Elliptical comes largely pre-assembled.

Unpacking

1. Carefully remove the elliptical from its packaging.
2. Place the unit on a flat, stable surface near a power outlet.
3. Ensure all packing materials are removed.

Power Connection

1. Locate the power adapter.

2. Plug the adapter into the elliptical's power port.
3. Plug the other end into a standard electrical outlet.

Remote Control Battery Installation

The remote control requires 1 CR2 battery (included).

1. Open the battery compartment on the back of the remote.
2. Insert the CR2 battery, observing polarity.
3. Close the battery compartment.



A close-up view of the elliptical's control panel and remote, illustrating the functions for start/stop, speed adjustment, mode selection, and direction control.

Operating Instructions

Getting Started

1. Sit comfortably in a chair with the elliptical placed in front of you.
2. Place your feet onto the pedals, ensuring they are securely held by the adjustable foot straps.
3. Power on the unit using the main power switch (if applicable) or by pressing any button on the remote/console.

Using the Remote Control

- **Start/Stop:** Press the play/pause button to begin or pause the exercise.
- **Mode (M):** Cycle through different workout modes: HA, P1, P2, P3.
- **Speed (+/-):** In HA mode, adjust the speed from level 1 to 5.
- **Direction (Up/Down Arrows):** In HA mode, change the pedal direction (forward or reverse).

Understanding Workout Modes

- **HA Mode:** Manual adjustment of speed (1-5 levels) and direction (forward/reverse). This mode allows for personalized control over your workout intensity and movement.
- **P1/P2/P3 Modes:** Pre-set programs that automatically adjust the running speed and direction. These modes offer varied workout routines without manual intervention.

Display Monitor

The LCD screen tracks vital metrics:

- Time: Duration of your exercise session.
- Speed: Current speed level.
- Count: Number of rotations.
- Mode: Current operating mode (HA, P1, P2, P3).

This video demonstrates the various features and operational modes of the ANCHEER Under Desk Elliptical, including its portability, remote control functions, and different exercise programs.

Maintenance

Cleaning

Regularly wipe down the unit with a soft, damp cloth. Avoid abrasive cleaners or solvents.

Storage

When not in use, store the elliptical in a cool, dry place. Utilize the built-in wheels and telescopic handle for easy movement and storage.

Inspection

Periodically check all moving parts and connections to ensure they are secure and functioning correctly.

Troubleshooting

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Unit does not power on	Not plugged in; Power outlet issue	Ensure power adapter is securely plugged into the unit and a working outlet.
Remote control not working	Battery low/dead; Incorrect battery insertion	Replace CR2 battery; Check battery polarity.
Pedals are not moving smoothly	Obstruction; Unit on uneven surface	Check for any obstructions around pedals; Ensure unit is on a flat, stable surface.
Display not showing data	Unit not powered on; Sensor issue	Ensure unit is powered on and actively in use. If problem persists, contact customer support.

Specifications

Feature	Detail
Display Type	LCD
Maximum Stride Length	12 Inches
Number of Batteries	1 CR2 batteries required. (included)
Number of Resistance Levels	5
Manufacturer	ANCHEER
Item Package Dimensions L x W x H	21.8 x 15 x 12.9 inches
Package Weight	11.73 Kilograms
Item Dimensions LxWxH	10 x 12 x 10 inches
Brand Name	ANCHEER
Model Name	ME03
Suggested Users	unisex-adult
Style	Green
Included Components	remote control
Material	Alloy Steel
Product Dimensions	10"D x 12"W x 10"H
Maximum Weight Recommendation	390 Pounds

Warranty and Support

Warranty Information

The ANCHEER Under Desk Elliptical comes with a 2-year manufacturer warranty. This warranty covers defects in materials and workmanship under normal use.

After-Sales Service

ANCHEER offers a 30-day return policy and permanent after-sales service. For any questions or assistance with your seated elliptical, please contact us through Amazon messages. Our customer service team is dedicated to providing expert advice and solutions.

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Question

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

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question