

YOSUDA YSD-PRO

YOSUDA PRO Under Desk Elliptical Instruction Manual

Model: YSD-PRO

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use, maintenance, and troubleshooting of your YOSUDA PRO Under Desk Elliptical. Please read this manual thoroughly before operating the device and retain it for future reference.

The YOSUDA PRO Under Desk Elliptical is an innovative, portable electric leg exerciser designed for low-impact exercise. It features adjustable resistance and speed levels, remote control operation, and quiet performance, making it suitable for use in various settings such as offices or homes.

IMPORTANT SAFETY INFORMATION

To reduce the risk of serious injury, please read the following safety instructions before using the YOSUDA PRO Under Desk Elliptical:

- Consult your physician before starting any exercise program, especially if you have pre-existing medical conditions.
- Use the elliptical only as described in this manual.
- Keep children and pets away from the equipment during operation.
- Ensure the elliptical is placed on a stable, level surface.
- Do not use the elliptical if it is damaged or malfunctioning.
- Do not attempt to modify or repair the elliptical yourself. Contact customer service for assistance.
- Maximum user weight recommendation: 330 Pounds (150 kg).
- Always secure your feet to the pedals using the non-slip foot straps.
- Unplug the device when not in use or before cleaning.

PACKAGE CONTENTS

Please check the package contents to ensure all items are present:

- YOSUDA PRO Under Desk Elliptical Unit
- Remote Control
- Power Adapter
- User Manual (this document)

SETUP

Follow these steps to set up your YOSUDA PRO Under Desk Elliptical:

1. **Unpacking:** Carefully remove all components from the packaging. Retain packaging for future storage or transport.
2. **Placement:** Place the elliptical on a flat, stable surface. Ensure there is enough clear space around the unit for comfortable use and to prevent obstruction.
3. **Power Connection:** Connect the power adapter to the elliptical's power input port, then plug the adapter into a standard electrical outlet.
4. **Remote Control Battery:** Insert batteries into the remote control if not already installed (battery type usually AAA, check remote compartment).



Image: The YOSUDA PRO Under Desk Elliptical unit, showing its compact design, foot pedals with straps, and the remote control. A person's feet are shown on the pedals, demonstrating usage.

OPERATING INSTRUCTIONS

Your YOSUDA PRO Under Desk Elliptical can be operated using the control panel on the unit or the included remote control.

Control Panel Overview



Image: A detailed view of the elliptical's control panel, highlighting buttons for Start/Stop, Direction, Mode (HR/HF), and Speed/Resistance adjustment.

- **Start/Stop Button:** Initiates or pauses the exercise.
- **Direction Button:** Changes the pedaling direction (forward/backward).
- **Mode (M) Button:** Toggles between Resistance Mode (HF) and Speed Mode (HR).
- **+/- Buttons:** Adjusts speed or resistance levels (1-10).

Remote Control Functions



Image: The remote control for the YOSUDA PRO Under Desk Elliptical, showing buttons for Start/Stop, Resistance Mode (HF), Speed Mode (HR), Direction, and Speed/Resistance adjustment.

The remote control provides convenient operation without bending down.

- **Power Button:** Turns the unit on/off.
- **Start/Stop Button:** Initiates or pauses the exercise.
- **Direction Button:** Changes the pedaling direction.

- **HF Button:** Activates Resistance Mode.
- **HR Button:** Activates Speed Mode.
- **+/- Buttons:** Adjusts speed or resistance levels.

Using the Elliptical

1. **Positioning:** Sit comfortably in a chair with the elliptical placed in front of you.
2. **Foot Placement:** Place your feet firmly on the pedals and secure them with the non-slip foot straps.
3. **Power On:** Press the power button on the unit or remote control.
4. **Select Mode:**
 - **Resistance Mode (HF):** Use the 'M' button on the unit or 'HF' button on the remote. This mode focuses on burning calories and building leg strength. Adjust resistance levels (1-10) using the +/- buttons.



Image: Visual representation of Resistance Mode (HF) with levels 1-3 for Easy Uphill, 4-6 for Climb Stairs, and 7-10 for Mountaineering.

- **Speed Mode (HR):** Use the 'M' button on the unit or 'HR' button on the remote. This mode provides low-impact exercise for circulation and joint movement. Adjust speed levels (1-10) using the +/- buttons.

Adjust Speed Mode (HR)

Low Impact Exercise

Remote-Controlled 1-10 Level Speed,
No Bending Required



Relieve
Ankle



Moving
Joints



Improve Blood
Circulation



Image: Visual representation of Speed Mode (HR) with levels 1-3 for Walk, 4-6 for Jogging, and 7-10 for Running, emphasizing benefits like relieving ankle stress, moving joints, and improving blood circulation.

5. **Start Exercise:** Press the Start/Stop button to begin pedaling.
6. **Adjust Settings:** Use the +/- buttons to increase or decrease the resistance or speed as desired. Use the Direction button to change pedaling direction.
7. **Monitor Progress:** The display screen shows relevant exercise data (e.g., time, speed, distance, calories).
8. **End Exercise:** Press the Start/Stop button to pause, or the Power button to turn off the unit.

Bluetooth and Mobile App Connectivity

The YOSUDA PRO Under Desk Elliptical supports Bluetooth connectivity, allowing you to connect to a mobile application for monitoring your exercise data. Refer to the mobile app's instructions for pairing and usage details.

KEY FEATURES

- **Quiet Operation:** Equipped with an innovative motor system and noiseless friction pads, ensuring smooth and quiet operation. This allows for use without disturbing others in shared spaces.

Balancing Work and Exercise

Ultra-quiet design provides a quiet working environment



Image: A man working at a desk while using the elliptical, illustrating its ultra-quiet design with icons for Silent Wheel and Whisper-Quiet Motor.

- **Adjustable Resistance & Speed:** Offers 10 levels of adjustable resistance and 10 levels of adjustable speed to customize your workout intensity.
- **Portable Design:** Features built-in wheels and a retractable handle for easy movement and storage.

Easy to Move

Exercise Anytime & Anywhere

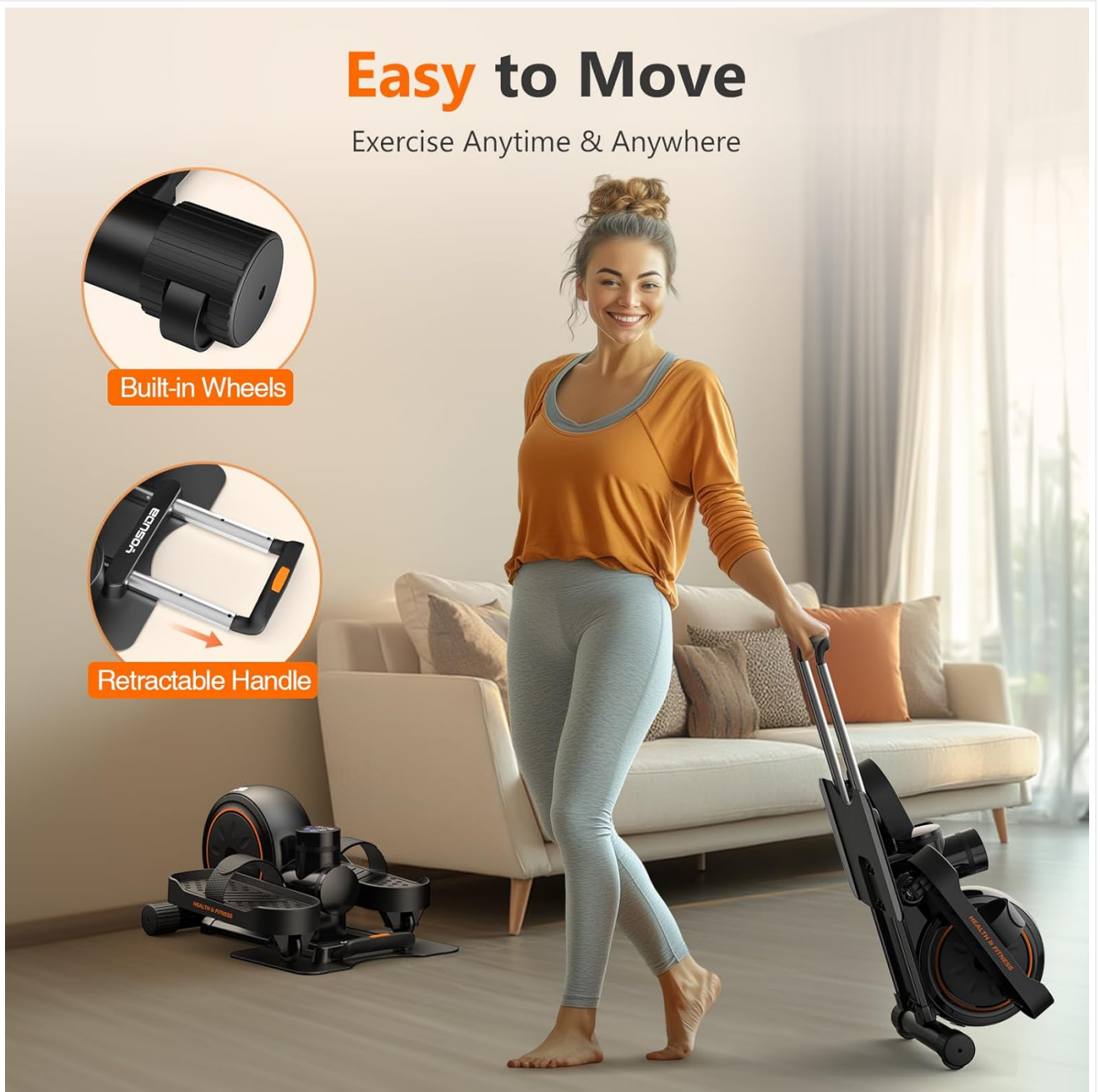


Image: A woman demonstrating the portability of the elliptical, highlighting its built-in wheels and retractable handle for easy transport.

- **Versatile Use:** Suitable for various scenarios including working, relaxation, daily exercise, and rehabilitation.

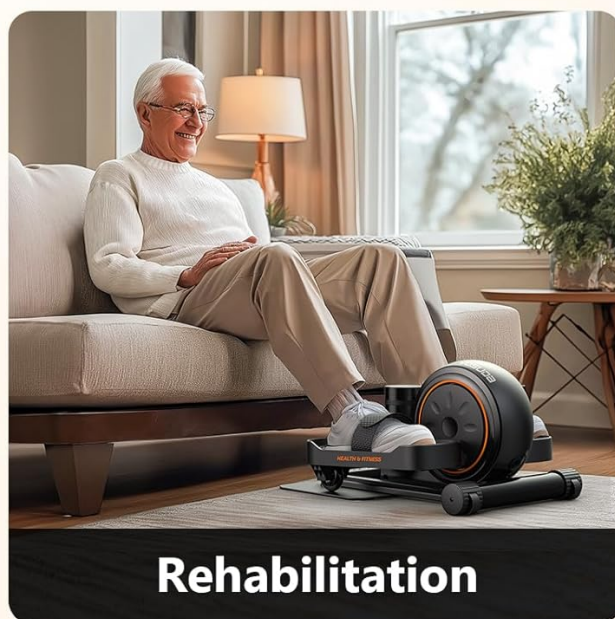
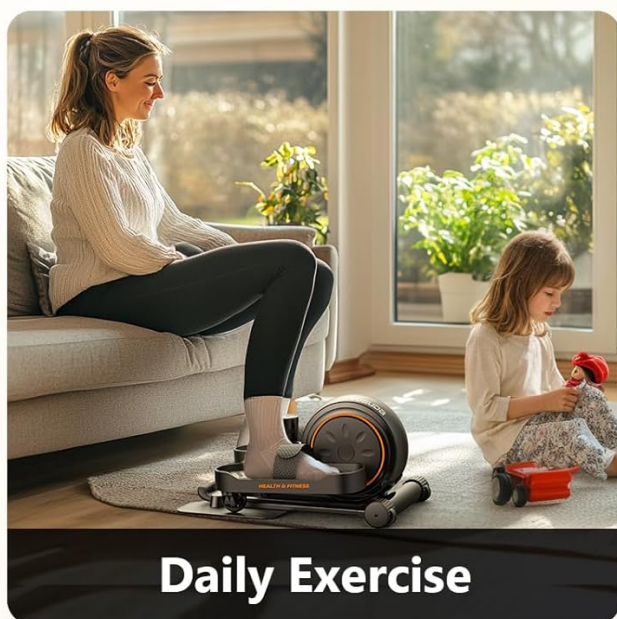
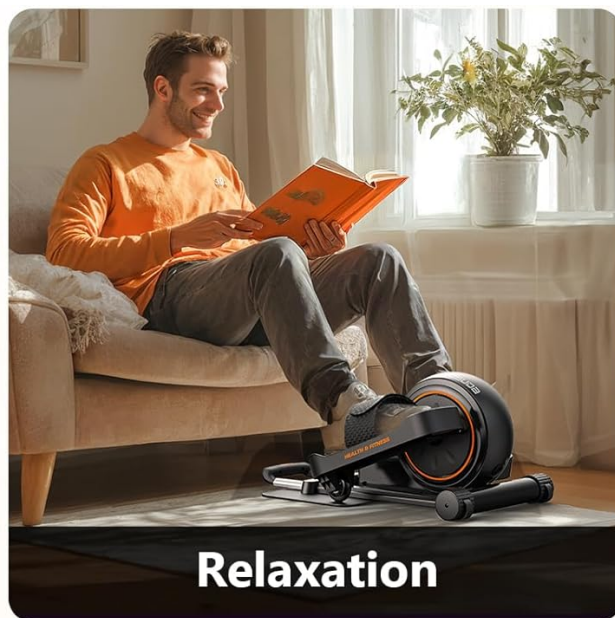


Image: A collage showing individuals using the elliptical while working, relaxing, performing daily exercise, and during rehabilitation, demonstrating its versatility.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your elliptical.

- **Cleaning:** Wipe down the unit with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the unit is unplugged before cleaning.
- **Storage:** Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose components.

TROUBLESHOOTING

If you encounter any issues with your YOSUDA PRO Under Desk Elliptical, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Unit does not power on.	Power adapter not connected properly; no power from outlet.	Ensure power adapter is securely plugged into the unit and a working electrical outlet. Test the outlet with another device.
Remote control not working.	Batteries are dead or incorrectly inserted; remote not aimed at sensor.	Replace remote control batteries. Ensure batteries are inserted with correct polarity. Point the remote directly at the elliptical's sensor.
Pedals are noisy or stiff.	Lack of lubrication; loose components.	Apply a small amount of silicone-based lubricant to moving parts if necessary (consult customer service first). Check and tighten any loose nuts or bolts on the pedals or frame.
Unit stops unexpectedly.	Overheating; power interruption.	Unplug the unit and let it cool down for 15-30 minutes. Ensure proper ventilation around the unit. Check power connection.

If the problem persists after attempting these solutions, please contact YOSUDA customer service.

SPECIFICATIONS

Feature	Detail
Model Name	YSD-PRO
Brand	YOSUDA
Color	Black
Product Dimensions (LxWxH)	22"D x 15"W x 12.5"H (55.9 cm D x 38.1 cm W x 31.8 cm H)
Material	Alloy Steel
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	330 Pounds (150 kg)
Number of Resistance Levels	10
Number of Speed Levels	10
Manufacturer	YOSUDA
ASIN	B0DBVHTPQV
Date First Available	August 1, 2024

WARRANTY AND SUPPORT

YOSUDA is committed to providing high-quality home fitness equipment and excellent customer service.




- **Warranty Information:** For specific warranty details, please refer to the warranty card included with your product or visit the official YOSUDA website.
- **Customer Service:** If you have any questions, concerns, or require assistance with your YOSUDA PRO Under Desk Elliptical, please contact our professional customer service team.

• **Contact Information:**

- Visit the [YOSUDA Store on Amazon](#) for more information and support resources.
- Refer to the contact details provided on the product packaging or official website for direct support.

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Related Documents

<div><div>YOSUDA</div><div>Electric Under Desk Ellipse User Manual</div><div></div><div><p>⚠️ Please read the manual carefully before using the machine. If necessary, we recommend that you contact our customer service for assistance. Do not use the product if you are not familiar with the product. Do not use the product if you are not familiar with the product.</p></div></div>	<p>YOSUDA Electric Under Desk Ellipse: User Manual, Operation, and Safety Guide</p> <p>Comprehensive user manual for the YOSUDA Electric Under Desk Ellipse, covering operation instructions, part lists, maintenance, troubleshooting, and safety precautions for optimal use.</p>
	<p>YOSUDA YSD-ME-01 Electric Under Desk Ellipse User Manual</p> <p>User manual for the YOSUDA YSD-ME-01 Electric Under Desk Ellipse, providing detailed operation guides, safety precautions, troubleshooting tips, and product specifications for home fitness and rehabilitation.</p>
<div><div>YOSUDA</div><div>CARDIO CLIMBER MANUAL</div><div></div><div><p>⚠️ IMPORTANT: Please read this manual before assembly and using. Please read the manual carefully before using. The installation and use of the product must be done in accordance with the instructions. Do not use the product if you are not familiar with the product.</p></div></div>	<p>YOSUDA Cardio Climber Manual: Assembly, Operation, and Safety Guide</p> <p>Comprehensive user manual for the YOSUDA Cardio Climber, covering assembly instructions, safety precautions, computer functions, exercise tips, and specifications. Get your YOSUDA elliptical trainer set up and running safely.</p>
<div><div>Instructions for installation and use of the spinning bike</div><div>Pro-R</div><div></div><div><p>⚠️ Please read the manual carefully before using the product. The installation and use of the product must be done in accordance with the instructions. Do not use the product if you are not familiar with the product.</p></div></div>	<p>YOSUDA Pro-R Spinning Bike Installation and User Manual</p> <p>Comprehensive guide for the installation, use, safety precautions, and maintenance of the YOSUDA Pro-R spinning bike. Includes detailed parts list and assembly instructions.</p>