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> SGeneE Elliptical Machine User Manual - 8 Levels Resistance, Heart Rate Monitoring

SGeneE B0DCVQLS1Z

SGeneE Elliptical Machine User Manual

Model: B0DCVQLS1Z

INTRODUCTION

Thank you for choosing the SGeneE Elliptical Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your fitness equipment. Please read this manual thoroughly before using the machine and keep it for future reference.



Image: The SGeneE Elliptical Machine, showcasing its compact design and black and red color scheme.

SAFETY INSTRUCTIONS

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the machine on a flat, stable surface.
- Keep children and pets away from the machine during operation.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight limit (if specified, not available in data).

ASSEMBLY AND SETUP

The SGenE Elliptical Machine is designed for straightforward assembly. Follow the included assembly guide for detailed, step-by-step instructions. Ensure all components are present before beginning assembly.

Key Assembly Points:

- Attach the main frame to the base stabilizers.
- Secure the handlebars and pedal arms.
- Connect the console wiring for the LCD display and heart rate sensors.
- Verify all connections are tight and stable.

Seat Adjustment:

The seat can be adjusted up and down to accommodate different user heights. Loosen the adjustment knob, slide the seat to the desired height, and securely tighten the knob before use.

OPERATING INSTRUCTIONS

The SGenE Elliptical Machine offers a smooth and effective workout. It functions as a 3-in-1 machine, combining elements of a treadmill, spinning bike, and elliptical trainer.



Image: A user demonstrating proper form while operating the elliptical machine.

Starting Your Workout:

1. Step onto the pedals, ensuring your feet are centered and stable.
2. Grasp the handlebars firmly.
3. Begin a smooth, rhythmic pedaling motion.
4. Adjust resistance as desired (see "Resistance Adjustment" section).

RESISTANCE ADJUSTMENT

Your elliptical machine features 8 levels of magnetic resistance, allowing you to customize your workout intensity. To adjust the resistance:

- Locate the tension control knob, typically found below the console.
- Turn the knob clockwise to increase resistance (higher numbers for more intensity).
- Turn the knob counter-clockwise to decrease resistance (lower numbers for less intensity).



Image: The tension control knob, showing settings from 1 to 8 for resistance adjustment.

LCD DISPLAY FUNCTIONS

The integrated LCD display tracks your workout progress. It typically shows the following metrics:

- **Speed:** Your current workout speed.
- **Distance:** Total distance covered during your workout.
- **Time:** Duration of your current workout.
- **Calories:** Estimated calories burned.
- **Pulse:** Your heart rate (when using heart rate monitoring).
- **Scan:** Automatically cycles through all display functions.

Refer to the console's specific instructions for details on how to reset values or switch between display modes.

HEART RATE MONITORING

The elliptical machine is equipped with heart rate sensors on the handlebars. To monitor your heart rate:

- Grasp the heart rate sensors firmly with both hands during your workout.
- Maintain consistent contact for accurate readings.
- Your pulse will be displayed on the LCD screen after a few seconds.



Image: The heart rate monitoring pads integrated into the handlebars, with a visual representation of a heart rate graph.
Note: Heart rate readings are for reference only and should not be used for medical purposes.

MAINTENANCE

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving joints (e.g., pedal axles, handlebar pivots) if squeaking occurs. Do not over-lubricate.
- **Storage:** Store the machine in a dry, cool place away from direct sunlight and moisture.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking noise during operation	Loose bolts or lack of lubrication on moving parts.	Check and tighten all bolts. Apply silicone lubricant to moving joints.
LCD display not working	Loose cable connection or dead batteries.	Check all cable connections to the console. Replace batteries in the console.
Resistance not changing	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the tension knob and flywheel. Contact customer support if damaged.
Inaccurate heart rate reading	Hands not firmly on sensors, or dry hands.	Ensure firm and consistent contact with both sensors. Lightly moisten hands if they are too dry.

SPECIFICATIONS

Feature	Detail
Model	B0DCVQLS1Z
Brand	SGeneE
Resistance Levels	8 (Magnetic Control)
Display	LCD (Speed, Distance, Time, Calories, Pulse)
Monitoring	Heart Rate Sensors
Functionality	3-in-1 (Elliptical, Treadmill, Spinning Bike)
Flywheel	Two-way silent magnetic control



Image: The elliptical machine with key dimensions indicated for reference.

WARRANTY AND SUPPORT

SGeneE is committed to providing satisfactory service. If you have any questions about your product, please contact customer support. For warranty information, please refer to the documentation included with your purchase or visit the official SGeneE website.

Customer support typically responds within 24 hours.