



Manuals.plus /

› ANCHEER /

› ANCHEER Under Desk Elliptical Machine A6014 User Manual

## ANCHEER A6014

# ANCHEER Under Desk Elliptical Machine A6014 User Manual

Model: A6014

## 1. INTRODUCTION

---

Thank you for choosing the ANCHEER Under Desk Elliptical Machine A6014. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your new elliptical machine. Please read this manual thoroughly before use and retain it for future reference.

## 2. IMPORTANT SAFETY INSTRUCTIONS

---

- **Read all instructions:** Before operating the machine, read and understand all safety warnings and instructions in this manual.
- **Seated Use Only:** This elliptical machine is designed exclusively for seated use. Do not stand on the pedals.
- **Placement:** Place the machine on a flat, stable surface. Ensure adequate space around the machine for safe operation.
- **Power Source:** Use only the provided power adapter. Ensure the power outlet matches the voltage requirements.
- **Children and Pets:** Keep children and pets away from the machine during operation.
- **Medical Conditions:** Consult a physician before starting any exercise program, especially if you have pre-existing medical conditions.
- **Maintenance:** Regularly inspect the machine for wear and tear. Do not use if damaged.
- **Cleaning:** Unplug the machine before cleaning. Use a damp cloth; avoid harsh chemicals.

## 3. PRODUCT OVERVIEW

---

The ANCHEER Under Desk Elliptical Machine A6014 is a compact, motorized leg exerciser designed for low-impact cardio and strength training while seated. It features adjustable speeds, resistance levels, and pre-programmed modes.



**Figure 3.1:** ANCHEER Under Desk Elliptical Machine A6014. This image shows the main unit with its red and black design, featuring two foot pedals and a central control panel.

# ULTRA QUIET OPERATION

Don't worry about disturbing others



Whisper Quiet



<15db  
Whisper Quiet



Figure 3.2: Close-up of the LCD display and remote control. The display shows various metrics, and the remote allows for convenient adjustment of settings.

## Components:

- Main Unit with Motor
- Foot Pedals (Bidirectional)
- LCD Display Panel
- Remote Control
- Power Cord

## 4. SETUP

The ANCHEER Under Desk Elliptical Machine A6014 comes 100% pre-assembled, requiring no complex installation.

1. **Unpack:** Carefully remove the elliptical machine from its packaging.
2. **Placement:** Place the machine on a stable, level surface where you intend to use it, such as under a desk or in front of a sofa. Ensure there is enough clearance for your legs to move freely.

3. **Connect Power:** Insert the power cord into the machine's power port and then plug it into a standard electrical outlet.



**Figure 4.1:** The elliptical machine is suitable for use in various settings, including home and office, and can be conveniently operated with a remote control.

## 5. OPERATION

---

The elliptical machine can be operated using the control panel on the unit or the included remote control.

### 5.1. Getting Started

1. **Power On:** Press the power button on the control panel or remote control to turn on the machine. The LCD display will illuminate.
2. **Positioning:** Sit comfortably in a chair and place your feet securely on the pedals.

# 12 RESISTANCE LEVELS & 12 SPEEDS & 12 MODES



Figure 5.1: A user operating the ANCHEER Under Desk Elliptical Machine while seated at a desk, demonstrating its intended use.

## 5.2. Modes of Operation

The machine offers three primary modes: HA (Speed Mode), RE (Resistance Mode), and P1-P12 (Auto Modes).



Figure 5.2: Overview of the 12 resistance levels, 12 speeds, and P1-P12 auto modes available on the elliptical machine.



Figure 5.3: Detailed explanation of HA (Speed Mode), RE (Resistance Mode), and P1-P12 (Auto Modes) for customized workouts.

- **HA Mode (Speed Mode):** In this mode, you can manually adjust the speed and direction of the pedals. Use the 'Speed/Resistance +' and 'Speed/Resistance -' buttons to change the speed.
- **RE Mode (Resistance Mode):** This mode allows you to manually adjust the resistance level and

direction. Use the 'Speed/Resistance +' and 'Speed/Resistance -' buttons to increase or decrease resistance.

- **P1-P12 Modes (Auto Modes):** These are pre-programmed workout routines. The machine will automatically adjust speed and resistance according to the selected program. There are 12 different programs (P1 to P12).

### 5.3. Adjusting Settings

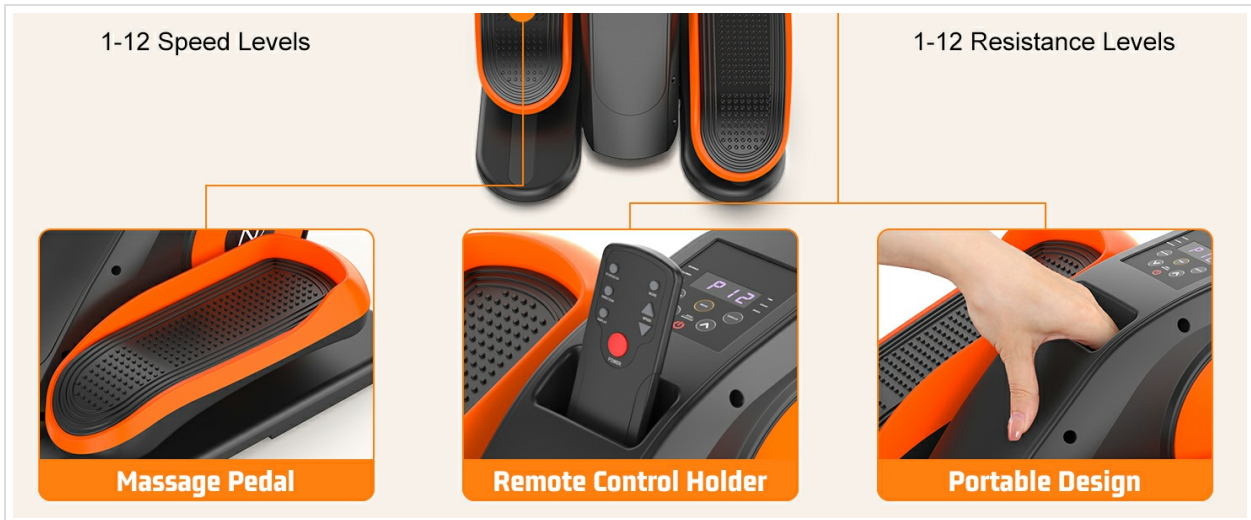
- **Mode Button:** Press the 'MODE' button to cycle through HA, RE, and P1-P12 modes.
- **Direction Button:** Press the 'DIRECTION' button to switch between forward and backward pedal motion. This allows for targeting different muscle groups.
- **Speed/Resistance Buttons:** Use the 'Speed/Resistance +' (up arrow) and 'Speed/Resistance -' (down arrow) buttons to adjust the speed in HA mode or resistance in RE mode.
- **Display Button:** Press the 'DISPLAY' button to cycle through various metrics on the LCD screen, such as Time, Distance, Calories, Count, Speed, and Resistance.



Figure 5.4: The easy-to-use LCD monitor tracks distance, time, calories, count, resistance, and speed, allowing users to monitor their workout progress.

### 5.4. Remote Control

The remote control provides convenient access to all functions without needing to bend over.



**Figure 5.5:** Features include massage pedals, a remote control holder for convenience, and a portable design for easy movement.

- The remote control duplicates all functions available on the main unit's control panel.
- Ensure the remote control has working batteries (included).

## 6. MAINTENANCE

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

- **Cleaning:** Wipe down the machine with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents. Ensure the machine is unplugged before cleaning.
- **Storage:** When not in use, store the machine in a cool, dry place away from direct sunlight and moisture. Its compact design allows for easy storage under a desk or sofa.
- **Inspection:** Periodically check all screws and connections to ensure they are secure.

## EXTRA LARGE PEDALS & BYDIRECTIONAL MOTION



### Big Massage Pedal

Detachable massage mat,  
easy to clean

### Bidirectional Motion

Work the front and back muscles  
of your legs simultaneously



**Figure 6.1:** The machine's lightweight (14.7 lbs) and compact dimensions (17.5"D x 9.7"W x 15.4"H) make it easy to move and store, saving space.

## 7. TROUBLESHOOTING

If you encounter any issues with your ANCHEER Under Desk Elliptical Machine, refer to the following common solutions:

- **Machine Not Powering On:**
  - Ensure the power cord is securely plugged into both the machine and a working electrical outlet.
  - Check if the power outlet is functional by plugging in another device.
- **Pedals Not Moving Smoothly:**
  - Ensure the machine is on a flat surface.
  - Check for any obstructions around the pedals.
  - Verify that the speed or resistance setting is appropriate for your use.
- **Machine Shuts Off Unexpectedly (Manual Mode):**
  - Some units may have a default auto-shutdown feature in manual modes after a certain period (e.g., 5 minutes). This is often a safety or power-saving feature. If this occurs, simply restart the machine and resume your workout. Consult customer support if this behavior is persistent and undesired.
- **Remote Control Not Responding:**

- Ensure there are no obstructions between the remote and the machine's sensor.
- Check and replace the remote control batteries if necessary.
- **Unusual Noise:**
  - Stop using the machine immediately. Inspect for loose parts or foreign objects. If the noise persists, contact customer support.

## 8. SPECIFICATIONS

Feature	Specification
Model Name	A6014
Brand	ANCHEER
Color	Red
Product Dimensions (LxWxH)	17.53"D x 9.72"W x 15.42"H
Material	Plastic
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	300 Pounds
Item Weight	14.7 Pounds
Number of Resistance Levels	12
UPC	762054051413
Included Components	Instruction Manual, Power Cord

## 9. WARRANTY AND SUPPORT

ANCHEER provides a **2-year warranty** for this product. Additionally, customers who purchase the under-desk elliptical can enjoy a three-month return service and lifetime after-sales support.

For any questions, concerns, or after-sales issues regarding your elliptical training machine, please contact ANCHEER customer support through Amazon messages or email.