



Manuals.plus /

› ANCHEER /

› ANCHEER Under Desk Elliptical Exercise Machine Model 6006 User Manual

ANCHEER 6006

ANCHEER Under Desk Elliptical Exercise Machine Model 6006 User Manual

Brand: ANCHEER | Model: 6006

1. INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your ANCHEER Under Desk Elliptical Exercise Machine Model 6006. Please read this manual thoroughly before using the product and retain it for future reference.

2. SAFETY INSTRUCTIONS

To reduce the risk of serious injury, please observe the following safety precautions:

- Consult a physician before starting any exercise program.
- Use the machine on a stable, level surface.
- Ensure adequate space around the machine during use.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum weight recommendation of 390 pounds.
- Wear appropriate athletic footwear during use.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Inspect the machine for loose or worn parts before each use.
- Do not attempt to modify or repair the machine yourself. Contact customer support for assistance.

3. PACKAGE CONTENTS

Your ANCHEER Under Desk Elliptical Exercise Machine package includes:

- ANCHEER Under Desk Elliptical Machine (fully assembled)
- Instruction Manual (this document)

- LCD Display (pre-installed)
- AAA Batteries (for LCD display, typically included)

4. SPECIFICATIONS

Feature	Detail
Model Name	6006
Brand	ANCHEER
Color	Blue
Product Dimensions (LxWxH)	19.68" x 16.92" x 11.41"
Material	Plastic, Metal
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Maximum Weight Recommendation	390 Pounds
Item Weight	22.1 Pounds
Included Components	Elliptical machine, Instruction manual

5. SETUP

The ANCHEER Under Desk Elliptical Machine Model 6006 comes fully assembled, requiring minimal setup before first use.

1. **Unpacking:** Carefully remove the elliptical machine from its packaging.
2. **Placement:** Place the machine on a flat, stable surface. Ensure there is enough space around it for comfortable and safe operation, whether sitting or standing.
3. **LCD Display Batteries:** The LCD display typically comes with pre-installed AAA batteries. If the display is not working, gently remove the display unit and check or replace the batteries.



Figure 1: ANCHEER Under Desk Elliptical Machine, ready for use.

6. OPERATING INSTRUCTIONS

6.1 Adjusting Resistance

The elliptical machine features 8 levels of magnetic resistance. To adjust the resistance:

- Locate the tension control knob on the front of the machine, between the pedals.
- Turn the knob clockwise to increase resistance (levels 1-8).
- Turn the knob counter-clockwise to decrease resistance.
- Choose a resistance level that provides a challenging yet comfortable workout.

Adjustable Magnetic Resistance Control Knob

8-Level Resistance to Achieve the Effect of These Sports



Figure 2: Resistance control knob. Turn clockwise to increase resistance, counter-clockwise to decrease.

6.2 Using the LCD Display

The built-in LCD display tracks your workout progress. It shows key metrics such as:

- **Time:** Duration of your current workout.
- **Speed:** Current pedaling speed.
- **Distance:** Estimated distance covered.
- **Calories:** Estimated calories burned.
- **Odometer (ODO):** Total accumulated distance.

Press the white button below the display to cycle through the metrics or hold it down to reset the current workout data (Time, Speed, Distance, Calories). The Odometer (ODO) cannot be reset.

See Your Progress

LCD Display Screen



Time



Speed



Distance



Calories



Odograph



Figure 3: LCD display showing workout data.

6.3 Usage Modes: Sitting and Standing

The ANCHEER elliptical can be used in both sitting and standing positions.

- **Sitting Exercise:** Place the machine under a desk or in front of a chair/sofa. Sit comfortably and place your feet on the pedals. Pedal forward or backward.
- **Standing Exercise:** Stand on the pedals, maintaining balance. It is recommended to hold onto a stable object for support, especially when first using the machine in a standing position.

You can also pedal forward or backward to engage different muscle groups (legs, glutes, core) and reduce stress on ankle joints.

Standing Exercise



Sitting Exercise



Exercise While Working



Exercise at Home



Figure 4: Examples of sitting and standing usage.



Figure 5: Pedaling direction affects muscle engagement. Non-slip pedals and smooth glide wheels ensure stability.

6.4 Official Product Video

Watch this video for a visual guide on using your ANCHEER Under Desk Elliptical Exercise Machine:

Your browser does not support the video tag.

Video 1: Demonstrates various uses and features of the ANCHEER Under Desk Elliptical Exercise Machine.

7. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance 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 and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size and portable handle make storage easy.

Portable Handle Design



Easy Storage



Fully Assembled



22.05 LBS



Figure 6: Portable handle design for easy movement and storage.

8. TROUBLESHOOTING

If you encounter issues with your ANCHEER elliptical, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
LCD Display not working	Dead or incorrectly installed batteries.	Check and replace AAA batteries in the LCD unit. Ensure correct polarity.
Resistance feels too easy/hard	Resistance knob not adjusted correctly.	Turn the resistance knob clockwise to increase resistance, counter-clockwise to decrease.
Machine makes unusual noise	Loose components or debris.	Inspect for loose bolts and tighten them. Check for any foreign objects obstructing movement.
Machine slides during use	Not placed on a stable, non-slip surface.	Ensure the machine is on a flat, stable surface. Consider using a non-slip mat underneath.

If the problem persists, please contact ANCHEER customer support.

9. WARRANTY AND SUPPORT

Your ANCHEER Under Desk Elliptical Exercise Machine Model 6006 comes with a **2-year warranty**.

For warranty claims, technical support, or any questions regarding your product, please refer to the contact information provided on the ANCHEER official website or your purchase receipt.

Please have your model number (6006) and proof of purchase ready when contacting support.