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CURSOR FITNESS C5

User Manual: Under Desk Elliptical Machine

Model: C5 | Brand: CURSOR FITNESS

Introduction

The CURSOR FITNESS Under Desk Elliptical Machine is designed to help you stay active and boost productivity while seated. This mini elliptical is suitable for workouts, rehabilitation, and general exercise from your home or office chair. It allows you to turn sitting time into an opportunity to burn calories and improve well-being.
Important Note: It is best not to use this elliptical machine if you have a pacemaker.



Image: The CURSOR FITNESS Under Desk Elliptical Machine in black, showcasing its compact design and included remote control.

Safety Information

Please read all safety instructions carefully before operating the machine. Failure to do so may result in injury or damage to the product.

- Ensure the machine is placed on a stable, flat surface.
- Do not use the elliptical machine while standing up. It is designed for seated use only.
- Keep children and pets away from the machine during operation.
- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Do not use if you have a pacemaker.
- Unplug the machine from the power outlet when not in use or before cleaning.
- Avoid placing the machine in direct sunlight or near heat sources.



Image: Display of safety certifications including CE, RoHS, SGS, FC, MA, and CNAS, indicating compliance with various safety standards.

Package Contents

Verify that all items are included in your package:

- Under Desk Elliptical Machine (1 unit)
- Foot Straps (2 units)
- Power Cord (1 unit)
- Remote Control (1 unit)
- PVC Mat (1 unit)
- Brush (1 unit)
- Lubrication Oil (1 unit)
- User Manual (1 unit)

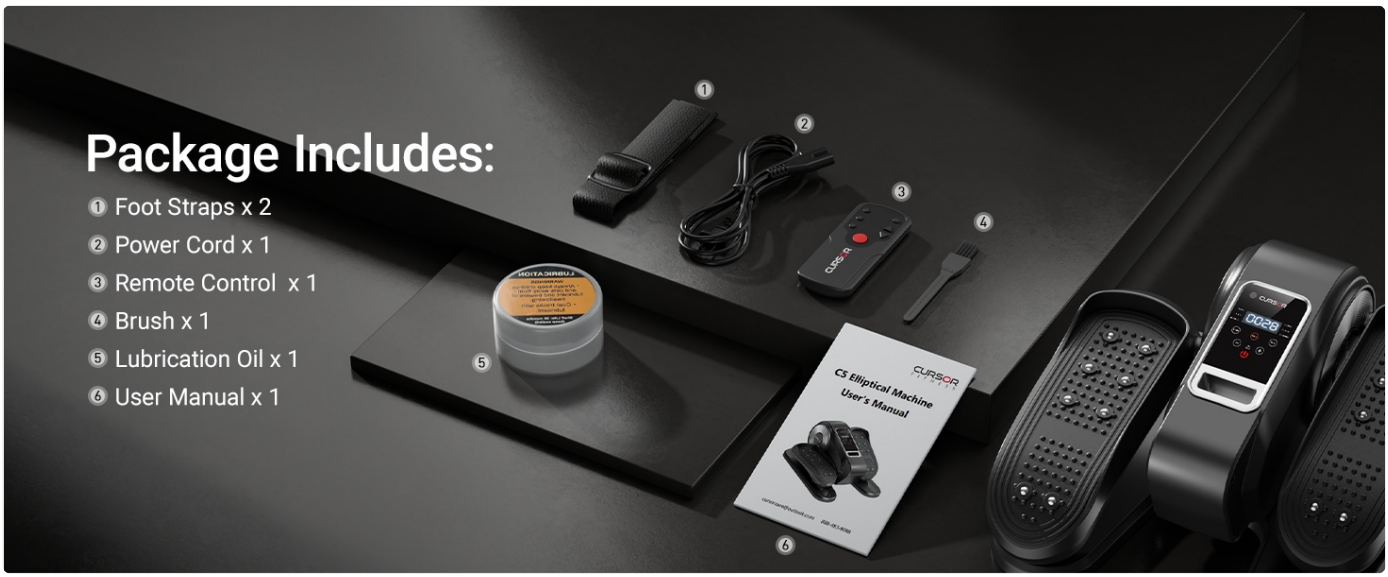


Image: A visual representation of the package contents, including the elliptical machine, foot straps, power cord, remote control, PVC mat, brush, lubrication oil, and user manual.

Setup

The CURSOR FITNESS Under Desk Elliptical Machine comes fully assembled and is ready to use right out of the box.

No complex installation is required.

1. Unpack the elliptical machine and all accessories from the packaging.
2. Place the machine on a flat, stable surface under your desk or in your desired exercise area.
3. (Optional) Place the provided PVC mat underneath the machine for added stability and floor protection.
4. Plug the power cord into the machine's power input and then into a standard electrical outlet.
5. Ensure the remote control has batteries installed (if not pre-installed).



Image: The elliptical machine shown unpacked and ready for immediate use, highlighting its no-installation design.

Operating Instructions

The elliptical machine offers both manual (HR) and automatic (Auto) modes, along with adjustable speeds and directions.

Power On/Off

- To power on, ensure the machine is plugged in and press the Power button on the machine or remote control.
- To power off, long press the Power button on the machine or remote control.

HR (Manual) Mode

In HR (Manual) mode, you have full control over the workout settings.

- To enter HR mode, press the "Mode" button until "HR" is displayed on the screen.
- **Speed Adjustment:** Use the speed buttons (1-12 levels) on the remote or machine to increase or decrease the speed.
- **Direction Control:** Use the direction button on the remote or machine to switch between forward and reverse motion.
- **Workout Time:** Adjust the workout time between 15-30 minutes.



Image: The elliptical's display showing the HR (Manual) mode interface, indicating adjustable speed, time, and direction settings.

Auto Mode (P1-P12)

Auto mode provides pre-programmed workout routines.

- To enter Auto mode, press the "Mode" button until a "P" mode (P1-P12) is displayed.
- In Auto mode, the speed of the mini seated elliptical changes every minute, and the direction changes every 3 minutes, following the selected program.
- You can cycle through P1-P12 modes by pressing the "Mode" button.

Image: A graphic illustrating the dual mode functionality, detailing how to switch between AUTO mode (P1-P12 programmed modes) and HR (Manual) mode.

Forward & Reverse Direction

The machine supports both forward and reverse pedaling for a comprehensive leg exercise, targeting different muscle groups.



Image: A visual demonstrating the elliptical's ability to operate in both forward and reverse directions, aiding in exercising front and back thigh muscles, boosting circulation, and burning calories.

Mute Setting

The elliptical features a mute system for quiet operation.

- **To Mute Sound:** When plugged in, long press the Power button to turn off the screen. Then, long press the Direction button on the machine for 1.5 seconds. After two beeps, the sound prompt will be canceled.
- **To Restore Sound:** Follow the same steps. After one beep, the normal sound prompt will be restored.

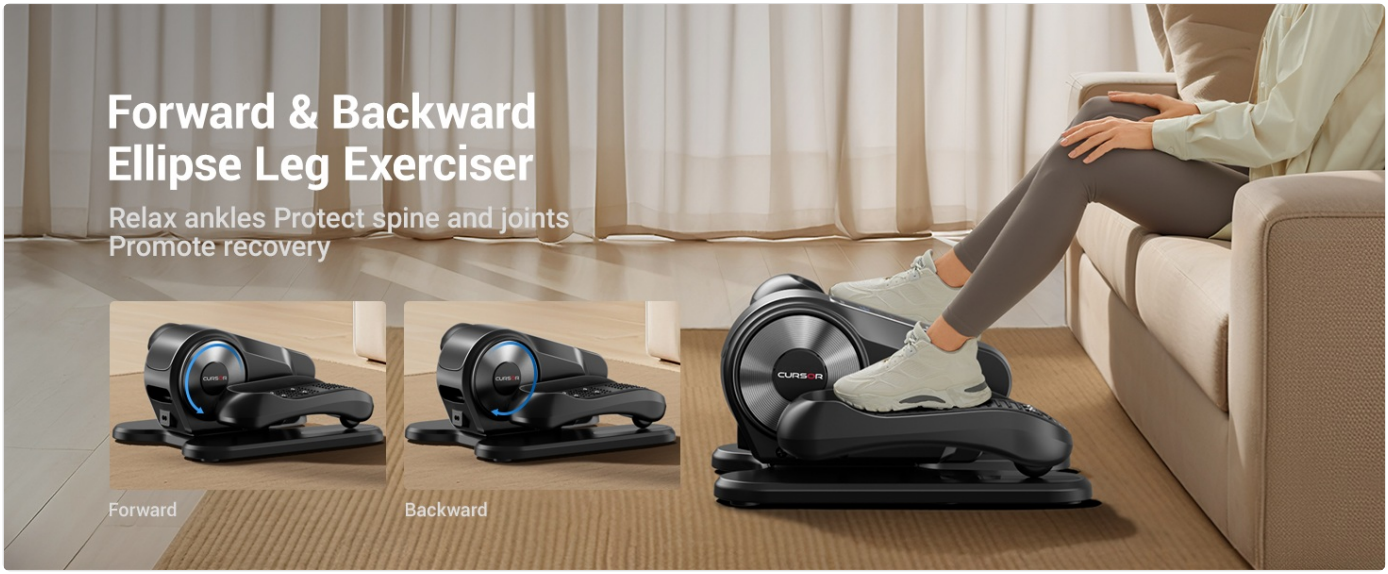


Image: A diagram explaining how to mute and unmute the elliptical machine's sound prompts using the power and direction buttons.

LCD Monitor

The LCD monitor tracks various workout metrics in real-time:

- Time
- Distance
- Counts (pedal rotations)
- Calories burned



Image: A detailed view of the elliptical's main function controls, including speed, start/stop, direction, and function buttons, along with the remote control.

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.
- **Lubrication:** Apply the provided lubrication oil to moving parts as needed, typically every few months, to ensure smooth operation and prevent squeaking. Refer to the specific lubrication points in the detailed user manual.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design and built-in handle make it easy to store and carry.
- **Inspection:** Periodically check all screws and connections to ensure they are tight and secure.



Image: The elliptical machine demonstrating its compact and portable design with a built-in handle, making it easy to carry and store without installation.

Troubleshooting

If you encounter any issues with your elliptical machine, refer to the following common solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Not plugged in; power outlet issue; power cord damage.	Ensure power cord is securely plugged into both the machine and a working outlet. Check the power cord for any visible damage.
Pedals are not moving smoothly or making noise.	Lack of lubrication; debris in mechanism.	Apply lubrication oil to moving parts. Check for and remove any obstructions.

Problem	Possible Cause	Solution
Remote control not responding.	Low or dead batteries; obstruction between remote and machine; remote not pointed at sensor.	Replace remote control batteries. Ensure no objects are blocking the signal. Point the remote directly at the machine's display sensor.
Machine slides during use.	Uneven surface; anti-slip pads not effective.	Ensure the machine is on a flat, stable surface. Use the provided PVC mat or ensure the rubber anti-slip pads are clean and intact.

Specifications

- **Model Name:** C5
- **Brand:** CURSOR FITNESS
- **Color:** Black
- **Product Dimensions (D x W x H):** 16" x 14" x 9"
- **Material:** Aluminum
- **Resistance Mechanism:** No (Motorized)
- **Maximum Weight Recommendation:** 300 Pounds
- **Maximum Stride Length:** 15 Inches
- **Item Weight:** 12 Pounds
- **Manufacturer:** CURSOR FITNESS
- **Item Package Dimensions (L x W x H):** 18.4 x 16.5 x 9.85 inches
- **Package Weight:** 6.69 Kilograms
- **Suggested Users:** Unisex-adult
- **Number of Items:** 2 (Elliptical machine and accessories)
- **Part Number:** 19.09"*16.93"*11.5"
- **Included Components:** Foot Straps, Power Cord, Remote Control, PVC Mat, Brush, Lubrication Oil

Official Product Videos

Currently, there are no official product videos provided by the seller for this model. Please refer to the images and text instructions for guidance.

Warranty & Support

Your CURSOR FITNESS Under Desk Elliptical Machine comes with a**1 Year Warranty** from the date of purchase.
This warranty covers manufacturing defects and malfunctions under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear.
For warranty claims, technical support, or any inquiries, please contact CURSOR FITNESS customer service through the retailer where you purchased the product or visit the official CURSOR FITNESS website for contact information.
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