

GEONEO S200

GEONEO S200 Under Desk Elliptical Machine User Manual

Model: S200 | Brand: GEONEO

1. INTRODUCTION AND SAFETY INFORMATION

Thank you for choosing the GEONEO S200 Under Desk Elliptical Machine. This manual provides essential information for the safe and effective use of your new exercise equipment. Please read all instructions carefully before assembly and use. Keep this manual for future reference.

Important Safety Instructions

- Consult your physician before starting any exercise program, especially if you have pre-existing medical conditions.
- Use the elliptical machine only as described in this manual.
- Place the machine on a flat, stable surface. Ensure adequate space around the unit.
- Do not stand on the machine. It is designed for seated use only.
- Keep children and pets away from the machine during operation.
- Ensure all parts are securely assembled before each use.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult your physician.
- Unplug the machine when not in use and before cleaning.

2. PACKAGE CONTENTS

Verify that all components are present in the package:

- GEONEO S200 Under Desk Elliptical Machine (Main Unit)
- Remote Control

- Power Adapter
- User Manual (this document)

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Under Desk Elliptical Machine

This elliptical machine is suitable for both under the desk and sitting on the sofa, you can exercise anytime.



Image: GEONEO S200 Under Desk Elliptical Machine showing its compact size and dimensions (15.75"L x 13.98"W x 6.3"H).

3. PRODUCT FEATURES

- **Compact Design:** Easily fits under desks or in small spaces.
- **Dual Operating Modes:** Manual (HR) with 12 adjustable speeds and Automatic (P1-P3 preset programs).
- **LCD Display:** Tracks time, distance, count, and calories burned.
- **Remote Control:** Conveniently adjust settings without bending down.
- **Bidirectional Movement:** Pedal forward or backward to target different muscle groups.
- **Quiet Operation:** Designed for minimal noise, suitable for office or home use.
- **Portability:** Lightweight with built-in grooves for easy carrying.



Image: Key features of the GEONEO S200, highlighting 1-12 speed regulation, ultra-quiet operation, bidirectional rotation, function switching, and remote control.

4. SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the elliptical machine on a stable, level surface. Ensure there is enough space for comfortable leg movement. A non-slip mat is recommended underneath to prevent movement during use.
3. **Power Connection:** Connect the power adapter to the machine's power input port and then plug it into a standard electrical outlet.
4. **Remote Control:** Insert batteries into the remote control (if not pre-installed).



Image: The GEONEO S200 Under Desk Elliptical Machine with its power cord and remote control, ready for initial setup.

5. OPERATING INSTRUCTIONS

Using the Control Panel and Remote Control

The machine can be operated using the buttons on the main unit or the remote control. The remote control offers convenience, especially when the machine is under a desk.



Image: Close-up of the LCD display and control buttons on the GEONEO S200, showing 'SCAN', 'TIME', 'DISTANCE', 'COUNT', 'CALORIE', 'SPEED', 'MODE', 'START/STOP', 'DIRECTION', and 'FUNCTION' buttons.

- **Power On/Off:** Press the 'POWER' button on the remote control or 'START/STOP' button on the unit.

- **Start/Stop:** Press 'START/STOP' to begin or pause the exercise.
- **Mode Selection:** Press 'MODE' to switch between Manual (HR) and Automatic (P1, P2, P3) modes.
- **Speed Adjustment:** In Manual mode, use the 'SPEED' up/down arrows to select from 12 speed levels.
- **Direction Change:** Press 'DIRECTION' to switch between forward and backward pedaling.
- **Function Display:** Press 'FUNCTION' to cycle through display data: Scan (auto-cycle), Time, Distance, Count, and Calories.

Modes Explained

- **HR (Manual Mode):** Allows you to manually control the speed (1-12 levels) and direction.
- **P1, P2, P3 (Automatic Modes):** These are pre-programmed modes that automatically adjust speed and direction for a varied workout. Select the program that best suits your preference.



Image: Visual explanation of HR (Manual) mode with 12 speed levels and Auto (P1-P3) modes with preset programs for automatic speed and direction adjustment.

Usage Scenarios

The GEONEO S200 is versatile for various seated activities:

- **Under Desk:** Maintain activity while working or studying.
- **On Sofa:** Exercise while watching TV or reading.
- **Rehabilitation:** Gentle, low-impact movement for recovery (consult a medical professional).



Image: Demonstrates the elliptical machine being used in different settings: under a desk while working, in a

chair while watching TV, by someone in a wheelchair for rehabilitation, and on a sofa for general exercise.

Video: GEONEO Under Desk Elliptical Machine Overview

This video provides a general overview of the GEONEO Under Desk Elliptical Machine, showcasing its design and basic functionality.

Video: Using the GEONEO Under Desk Elliptical for Work From Home

This video demonstrates how the elliptical machine can be effectively used while working from home, highlighting its quiet operation and ease of use in a seated position.

6. MAINTENANCE

- **Cleaning:** Wipe down the machine with a damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight.
- **Inspection:** Periodically check all moving parts and connections for wear or looseness. Tighten any loose screws.
- **Power Cord:** Inspect the power cord for any damage. Do not use if the cord is frayed or damaged.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on	Power cord not connected; Power outlet not working; Remote control batteries dead	Ensure power cord is securely plugged in; Test outlet with another device; Replace remote control batteries.
Pedals are not moving smoothly	Obstruction; Machine not on a level surface	Check for any objects obstructing pedal movement; Ensure machine is on a flat, stable surface.
Remote control not responding	Batteries dead; Obstruction between remote and machine	Replace remote control batteries; Ensure clear line of sight to the machine's sensor.
Unusual noise during operation	Loose parts; Internal issue	Check and tighten any loose screws; If noise persists, discontinue use and contact customer support.

8. SPECIFICATIONS

- **Model Name:** S200
- **Brand:** GEONEO
- **Material:** Plastic
- **Color:** Black
- **Product Dimensions (LxWxH):** 15.75" x 13.98" x 6.3"

- **Item Weight:** 11 Pounds
- **Maximum Weight Recommendation:** 66 Pounds
- **Maximum Stride Length:** 7 Inches
- **Speed Levels:** 12 (Manual Mode)
- **Modes:** Manual (HR), Automatic (P1, P2, P3)

9. WARRANTY AND SUPPORT

The GEONEO S200 Under Desk Elliptical Machine comes with a **1-year limited warranty** from the date of purchase. This warranty covers manufacturing defects and workmanship under normal use. It does not cover damage caused by misuse, accident, unauthorized modification, or improper maintenance.

For warranty claims, technical support, or any questions regarding your product, please contact GEONEO customer service through the retailer where you purchased the product or visit the official GEONEO website for contact information.