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Cubii New Total Body With Resistance Bands

Cubii Total Body+ Instruction Manual

MODEL: NEW TOTAL BODY WITH RESISTANCE BANDS

Product Overview

The Cubii Total Body+ is a compact 2-in-1 elliptical designed for low-impact cardio and strength training. It features 12 resistance levels and an ergonomic pulley system for a full-body workout, suitable for adults and seniors. This device allows you to integrate exercise seamlessly into your daily routine, whether at home or in the office.



Image: The Cubii Total Body+ elliptical, showcasing its compact design and integrated resistance bands.

- **Full Body Fitness Innovation:** Transforms seated activities into dynamic workouts with built-in retractable resistance bands for seamless lower and upper body conditioning.
- **Low Impact, Ultra Smooth:** Features a whisper-quiet elliptical mechanism for effective, strain-free workouts.
- **Ergonomic Design:** Sleek, space-saving design with easy-roll setup, ideal for any room.
- **Connect & Conquer:** Advanced Bluetooth connectivity pairs with the Cubii app for real-time progress monitoring and community support.

Setup & Assembly

- 1. Unboxing:** Carefully remove all components from the packaging. Ensure all parts are present: the main elliptical unit, two pedals, and the power adapter.
- 2. Attaching Pedals:**

Locate the designated attachment points on the main unit for the left (L) and right (R) pedals. Align the pedals with the corresponding slots. Securely fasten the pedals using the provided screws and screwdriver. Ensure they are firmly attached to prevent wobbling during use.



2 Workouts, 1 Machine

Combine the low-impact cardio of an elliptical
with the ergonomic pulleys of a rowing machine
for a full body workout

Image: The Cubii Total Body+ unit with both pedals securely attached, ready for use.

- 3. Initial Charging:** Before first use, fully charge the Cubii Total Body+ using the provided USB-C charging cable and wall adapter. A full charge typically takes approximately 6 hours and provides power for about 30 days of regular use. The display will indicate battery level.
- 4. Positioning:** Place the Cubii Total Body+ on a flat, stable surface. For use with a rolling office chair, utilize the included wheel stoppers to prevent the chair from moving during your workout.

Operating Instructions

- 1. Power On:** The device automatically powers on when you begin pedaling. The digital display will activate,

showing your workout metrics.

- 2. Adjusting Resistance:** The Cubii Total Body+ offers 12 levels of magnetic resistance. Use the '+' and '-' buttons on the console to increase or decrease the resistance. Higher numbers indicate greater resistance.
- 3. Lower Body Workout:** Sit comfortably in a chair with the Cubii positioned in front of you. Place your feet on the pedals and begin a smooth, elliptical motion. Adjust resistance as desired.
- 4. Upper Body Workout (Resistance Bands):**
Pull out the retractable resistance bands from the main unit. Hold the handles firmly and perform various upper body exercises such as bicep curls, tricep extensions, chest presses, or rows while seated. The resistance bands provide an additional dimension to your workout, engaging arm and core muscles.

Cubii® TOTAL BODY+™

Activates 12+ muscle groups

12 Remotely Adjustable Levels of Resistance

Lightweight & Portable

Image: A user demonstrating simultaneous leg pedaling and arm exercises using the integrated resistance bands.

- 5. Monitoring Progress:** The integrated digital display shows real-time metrics including strides, calories burned, distance, and time. Use the 'MODE' button to cycle through these metrics. The 'USER' button allows you to switch between user profiles (User 1, User 2, Guest).
- 6. App Connectivity:**
Download the Cubii mobile app from your device's app store. Enable Bluetooth on your smartphone or tablet. Open the Cubii app and follow the on-screen instructions to connect to your Cubii Total Body+. The app provides a comprehensive workout dashboard, tracks your progress, and offers access to hundreds of guided workout classes (Cubii Studio+).

Set Goals

Track Progress

**Access
Cubii Studio+**

**Download the
Cubii Mobile App**



Image: A smartphone screen displaying the Cubii mobile app, which tracks strides, calories, miles, and time.

Your browser does not support the video tag.

Video: Official Cubii Total Body overview, demonstrating its features and ease of use for a comprehensive workout.

Maintenance & Care

- Cleaning:** Wipe down the unit with a soft, damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- Storage:** Store the Cubii Total Body+ in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage under desks or in closets.
- Battery Care:** To prolong battery life, avoid fully discharging the unit frequently. Recharge when the battery indicator is low.

Troubleshooting

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Display not turning on.	Low battery or device not active.	Ensure the unit is charged. Begin pedaling to activate the display.
Difficulty connecting to app.	Bluetooth is off or interference.	Ensure Bluetooth is enabled on your device. Restart the Cubii app. Move closer to the Cubii unit.
Unit sliding during use.	Not properly secured or on a slippery surface.	Ensure wheel stoppers are used for rolling chairs. Place the unit on a non-slip mat (e.g., Cubii Grippii Mat).
Resistance feels inconsistent.	Internal mechanism issue.	Contact Cubii customer support for assistance.

Specifications

- **Model Name:** New Total Body With Resistance Bands
- **Brand:** Cubii
- **Color:** Blue
- **Product Dimensions:** 22.2"D x 13"W x 12.48"H
- **Material:** Alloy Steel
- **Resistance Mechanism:** Magnetic
- **Maximum Weight Recommendation:** 350 Pounds
- **Item Weight:** 12.36 Kilograms
- **Number of Resistance Levels:** 12
- **UPC:** 852811008917, 850037111145
- **Included Components:** Built-in Resistance Bands, Under Desk Elliptical

Warranty & Support

The Cubii Total Body+ comes with a standard one-year warranty. You may have the option to register your product for an extended warranty through the manufacturer's website. Please refer to the warranty information included in your product packaging for full details and registration instructions.

For technical support, troubleshooting assistance, or warranty claims, please contact Cubii customer service. Contact information is typically provided in the Quick Start Guide or Owner's Manual, or can be found on the official Cubii website.

Note: Always register your product to ensure full warranty coverage and access to support.