

Dripex Under Desk Elliptical Machine

Dripex Under Desk Elliptical Machine User Manual

Model: Under Desk Elliptical Machine

INTRODUCTION

This manual provides essential information for the safe and effective operation of your Dripex Under Desk Elliptical Machine. This 3-in-1 electric ellipse leg exerciser is designed to offer a low-impact workout, promoting blood circulation, burning calories, and strengthening lower body muscles. It is particularly suitable for office workers, the elderly, and individuals undergoing leg rehabilitation.



Image: The Dripex Under Desk Elliptical Machine, showcasing its compact design and integrated display.

SETUP

Your Dripex Under Desk Elliptical Machine comes fully assembled, requiring no additional setup. Simply remove it from the packaging and place it on a stable, flat surface. For optimal stability, especially during use, it is recommended to place the machine on a mat or rug to prevent movement.

To power on the device, connect the power cord to a suitable electrical outlet. The machine features a convenient power switch button, eliminating the need to repeatedly unplug the device after each use.

EXERCISE **ANYTIME AND ANYWHERE**



Working

Effectively Relieve Work Fatigue
Compact Fits Your Desk



Leisure Time

Resistance bands help you
exercise your upper body

Image: The elliptical machine positioned under a desk for use while working, and a user utilizing the included resistance bands for upper body exercise.

OPERATING INSTRUCTIONS

Power On/Off

Locate the power switch button on the machine. Press it once to turn the device on. Press it again to turn it off. This feature enhances safety and convenience.

LCD Display and Controls

The machine is equipped with a touchscreen LCD display that shows various exercise data, including mode, time, speed, resistance, and step counter. The display also allows for direct interaction to adjust settings.

MULTI-FUNCTION LCD DISPLAY WITH TOUCHSCREEN

MODE/SPEED DISPLAY

5 Modes: HA/HF/P1/P2/P3
Speed/Resistance Range: 1-10 Levels

STEP/TIME DISPLAY

Default Running Time: 30 min
HA/HF Mode Preset Range
Time: 10-60 min

DIRECTION

HA/HF Mode:
Forward & Backward

START/STOP

MODE KEY

Switch Mode

REDUCE THE SPEED/RESISTANCE

INCREASE THE SPEED/RESISTANCE

Image: A detailed view of the multi-function LCD display with touchscreen, highlighting its various indicators and control buttons for mode, speed, time, and direction.

Modes and Settings

The Dripex elliptical offers 5 distinct modes to customize your workout:

- **HA Mode (Manual Speed):** Allows adjustment of speed levels from 1 to 10.
- **HF Mode (Manual Resistance):** Allows adjustment of resistance levels from 1 to 10.
- **P1, P2, P3 Modes (Automatic Programs):** These are preset programs designed to help users gradually adapt to their workout routine. In these modes, adjustments to time, speed, or direction are not possible.

Use the '+' and '-' buttons on the display or remote control to adjust speed or resistance in HA and HF modes. The 'M' button cycles through the different modes.

2 MANUAL MODES (HA/HF)

Adjust Speed Mode (HA)

1-10 Level Speed Can Be Adjusted



Adjust Resistance Mode (HF)

1-10 Level Resistance Can Be Adjusted



Image: Two individuals demonstrating the use of the elliptical machine in manual modes, illustrating the adjustable speed (HA) and resistance (HF) settings.

3 AUTOMATIC MODES (P1/P2/P3)

3 Pre-programmed modes helping you gradually adapt to exercise



Image: The elliptical machine with visual representations of the three automatic modes (P1, P2, P3), indicating their suitability for gentle rehabilitation, low-intensity exercise, and calorie burning.

Bidirectional Motion

The foot pedals allow for both forward and backward pedaling. This bidirectional motion provides a comprehensive workout, targeting different muscle groups and ligaments in your thighs and legs, and helps prevent sports injuries.

NO PRESSURE AND LOW-IMPACT WORKOUT



Great For Leg Rehabilitation

Remote-controlled,
No Bending Required



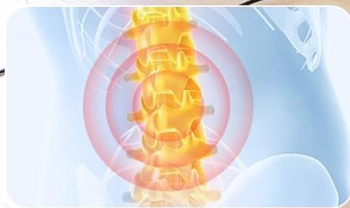
Forward

Exercise the front
thigh muscles

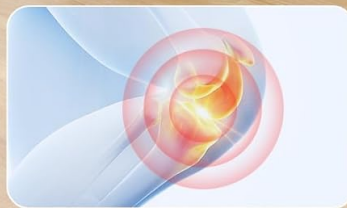


Backward

Exercise the back
thigh muscles



Protect the Spine



Reduce the Knee Injury



Protect Ankle Joint

Image: A user seated on a couch using the elliptical machine, emphasizing the low-impact nature of the workout and the benefits for spine, knee, and ankle joint protection. The remote control is also shown.

Remote Control

For added convenience, the elliptical machine includes a remote control. This allows you to adjust settings such as speed, resistance, and mode without needing to bend over, which is particularly beneficial for seniors or individuals with mobility issues. The machine also features a small storage pocket for the remote.

Foot Pedals with Adjustable Straps

The foot pedals measure 12.6 x 4.53 inches and are equipped with adjustable straps. These straps ensure your feet remain securely on the pedals during exercise, reducing the risk of slipping or losing balance. The adjustable design accommodates a wide range of foot sizes and shapes.

FEATURES OVERVIEW

- **Adjustable Resistance & Speed:** 10 levels of adjustable resistance and speed for customized workout intensity.
- **Low-Impact Workout:** Designed to protect your spine, reduce knee injuries, and safeguard ankle joints.

- **Ultra-Silent & Smooth Operation:** Mute system ensures noise levels below 15dB, ideal for quiet environments.
- **3-IN-1 with 5 Modes:** Includes 2 manual modes (HA for speed, HF for resistance) and 3 automatic modes (P1, P2, P3).
- **Bidirectional Elliptical Motion:** Allows pedaling forward or backward to target different muscle groups.
- **Remote Control:** Enables convenient adjustments without bending over.
- **Touchscreen LCD Display:** Shows exercise data and allows for mode adjustments.
- **Foot Pedal with Adjustable Strap:** Securely holds feet during exercise, accommodating various sizes.
- **User-friendly Design:** Fully assembled, portable with a handle, and includes resistance bands for upper body exercise. Anti-slip pads prevent movement.

ADOPT THE LATEST MOTOR SYSYTEM

Adjustable **Speed & Resistance**



Ours



Others

✓ 5 Modes (HA/HF/P1/P2/P3)	Modes	✗ 4 Modes (HA/P1/P2/P3)
✓ 1-10 Levels	Speed	✗ Only 1-5 Levels
✓ 1-10 Levels	Resistance	✗ NO
✓ One-button switch	Power Switch	✗ NO
✓ A Pair	Tension Rope	✗ NO
✓ 1.8m	Power Cord Length	✗ Only 1.5m
✓ Long Key Travel	Remote Controller	✗ Short Key Travel
✓ 1s Quick Response		✗ Slow Response

Image: A comparison chart highlighting the superior features of the Dripex elliptical machine, such as 5 modes, 1-10 levels of speed and resistance, one-button switch, tension rope, longer power cord, and remote control, compared to other models.

2 in 1 MOTORIZED ELLIPTICAL MACHINE

Adjustable **RESISTANCE & SPEED**

Enjoy a Powerful and Ultra-quiet Workout

 < 15db



Enough
Power



Stable
Operation



Move Forward
/Backward



Whisper
Quiet



Long-lasting
Use



Low Energy
Consumption



Image: An internal view of the motorized elliptical machine, illustrating its components that contribute to stable operation, whisper-quiet performance, long-lasting use, and low energy consumption.

MAINTENANCE

To ensure the longevity and optimal performance of your Dripex Under Desk Elliptical Machine, follow these maintenance guidelines:

- **Cleaning:** Regularly wipe down the machine with a soft, damp cloth. Avoid using abrasive cleaners or solvents that could damage the surface or electronic components.
- **Storage:** When not in use, store the machine in a cool, dry place away from direct sunlight and extreme temperatures. The integrated handle makes it easy to carry and store.
- **Inspection:** Periodically check all moving parts and connections to ensure they are secure and free from obstruction.

TROUBLESHOOTING

If you encounter any issues with your Dripex Under Desk Elliptical Machine, please refer to the following common troubleshooting tips:

- **Machine Not Powering On:** Ensure the power cord is securely plugged into both the machine and a

working electrical outlet. Check that the power switch button is in the 'On' position.

- **Display Not Working:** If the LCD display is blank or showing unusual characters, ensure the machine is properly powered. Try turning the machine off and on again.
- **Error Codes:** If an error code appears on the display, consult the specific troubleshooting section in the full user manual (if provided separately) or contact customer support for assistance.
- **Unusual Noises:** If you hear unusual noises during operation, ensure the machine is on a flat, stable surface and that no objects are obstructing the pedals or internal mechanisms.
- **Remote Control Issues:** Check the batteries in the remote control. Ensure there are no obstructions between the remote and the machine's sensor.

For persistent issues or problems not covered here, please contact Dripex customer service.

SPECIFICATIONS

Feature	Detail
Brand	Dripex
Model Name	Under Desk Elliptical Machine
Item Dimensions (LxWxH)	15.75 x 14.96 x 9.06 inches
Material	Alloy Steel
Power Source	Corded Electric
Adjustable Speed Levels	1-10
Adjustable Resistance Levels	1-10
Noise Level	Below 15dB
Included Components	1x Dripex Under Desk Elliptical Machine, 1x Remote Control, 1x User Manual, 2x Resistance Bands



Image: The compact and portable design of the elliptical machine, showing its dimensions (15.75 in, 14.96 in, 9.06 in) and highlighting its no-assembly-needed feature and ease of transport.

WARRANTY AND SUPPORT

Dripex offers a 1-year warranty for this product. Additionally, you can enjoy 12 months of dedicated customer service and 24-hour after-sales support. If you have any questions or require assistance, please contact Dripex through Amazon messages or email.