rollingsurfer EM-02

Under Desk Elliptical Machine User Manual

Brand: rollingsurfer
Model: EM-02

Introduction

The rollingsurfer Under Desk Elliptical Machine (Model EM-02) is an electric leg exerciser designed to enhance mobility, stimulate blood circulation, and strengthen lower body muscles. It is an optimal pedal exerciser for sedentary individuals, seniors, and those undergoing recovery. Its compact and portable design allows for convenient use in various settings, including offices and homes, without disturbing others.

This manual provides comprehensive instructions for the setup, operation, maintenance, and troubleshooting of your new elliptical machine. Please read it thoroughly before first use to ensure safe and effective operation.

Product Overview

The rollingsurfer EM-02 is engineered for quiet and smooth workouts, featuring a steel flywheel and silent friction pads. Its X-shaped embedded anti-slip integrated widened bottom plate design ensures stability and safety during use. The machine comes equipped with a digital LCD display and a wireless remote control for ease of use.



Image: The rollingsurfer EM-02 Under Desk Elliptical Machine, showcasing its compact design and teal accents.

Key Features:

- **Seated Pedal Exerciser:** Specifically designed for use while seated, promoting lower body movement and circulation.
- **Auto & Manual Modes:** Offers both pre-programmed automatic workouts (P1-P3) and a customizable manual mode (HR).
- **Upgraded Anti-Slip Pedals:** Features floating point particle anti-slip pedals for enhanced grip, comfort, and potential foot massage benefits.
- **Quiet Operation:** Designed for silent and smooth workouts, ideal for use in shared spaces.
- **Digital LCD Display:** Clearly shows exercise data including time, distance, speed, calories, and counter.
- **Wireless Remote Control:** Allows for convenient mode and speed adjustments without bending down.
- **Fully Assembled & Portable:** No installation required, lightweight and easy to move and store.

Setup

Unboxing and Initial Setup:

Your rollingsurfer EM-02 elliptical machine comes fully assembled, requiring no complex installation. Simply remove it from the packaging.



Image: The elliptical trainer, power cable, remote control, and user manual are included in the box.

Included Components:

- 1 x Rollingsurfer Motorized Elliptical Trainer
- 1 x Power Cable (standard for your region)
- 1 x Remote Control
- 1 x User Manual (this document)

Placement:

Place the elliptical machine on a flat, stable surface. It is designed to fit conveniently under most desks or in front of a chair or sofa. Ensure there is enough clear space around the machine for comfortable and unrestricted leg movement.



Image: The elliptical machine's dimensions are shown: 16.93 inches (43cm) deep, 13.39 inches (34cm) wide, and 9.65 inches (24.5cm) high, highlighting its portability.

Important Safety Tip: Please do not use the machine while standing. It is designed for seated use only. Standing on the device may cause serious injury and damage to the elliptical machine.

Operating Instructions

Control Panel and Remote:

The machine features an intuitive control panel and a wireless remote for easy operation. The LCD display provides real-time exercise data.



Image: Detailed view of the control panel buttons and remote control. Buttons include Start/Stop, Switch Modes, Switch Pedal Direction, and Speed adjustment. The display shows Time, Distance, Speed, Calories, and Counter.

Control Panel & Remote Functions:

- **Start/Stop:** Powers the machine on/off and starts/pauses the exercise.
- **Switch Modes (P1/P2/P3/HR):** Cycles through automatic programs or manual mode.
- **Switch Pedal Direction:** Changes the rotation direction (forward/backward).
- **Increase/Decrease Speed:** Adjusts the speed level (01-05) in Manual Mode.
- **Display Records:** LCD shows Time, Distance, Speed, Calories, and Counter.

Modes of Operation:

The rollingsurfer EM-02 offers two primary modes to suit your exercise needs:



Image: Visual representation of Auto Mode (P1, P2, P3) with automatic speed and direction adjustment, and Manual Mode (HR) for user-controlled settings.

- **Auto Mode (P1-P3):** In this mode, the machine automatically changes the direction and speed of rotation within a 30-minute period. This provides a varied workout without manual adjustments.
- **Manual Mode (HR):** When plugged in, the display will show "HR" mode. In this mode, you have full control over the speed and direction. You can change the direction (forward or backward) and select from 5 speed levels (01-05), ranging from 1.5 KM/h to 5.7 KM/h. This mode also supports non-electric use where you pedal on your own without resistance.

Pedal Usage:

The pedals are designed for comfort and to promote blood circulation. For a better experience, it is recommended to wear socks or use the machine barefoot.



Image: Close-up of the anti-slip pedals with floating point particles, designed to adapt to the human foot and promote circulation. The image also highlights the low-impact nature of the exercise, relieving joint impact.

Maintenance

Cleaning:

To clean your elliptical machine, simply wipe it down with a damp cloth. Avoid using abrasive cleaners or solvents that could damage the surface.

Storage:

The rollingsurfer EM-02 is lightweight and compact, making it easy to store. You can place it in any small corner of your home or office. Its portable design allows for easy movement between rooms.



Image: The elliptical machine is shown being used quietly by an adult and stored discreetly under a desk, emphasizing its low volume operation and easy storage.

Troubleshooting

If you encounter any issues with your rollingsurfer EM-02, please refer to the table below for common problems and their solutions. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Machine is not powering on.	Power cable not properly connected or power outlet issue.	Ensure the power cable is securely plugged into both the machine and a working electrical outlet. Try a different outlet.

Problem	Possible Cause	Solution
Pedals are not moving smoothly or making noise.	Obstruction, dust buildup, or internal issue.	Check for any foreign objects obstructing the pedals. Clean around the pedal mechanism. If noise persists, contact support.
Remote control is not working.	Low battery or remote not pointed correctly.	Replace the remote control battery. Ensure direct line of sight to the machine's sensor.
Machine moves or slides during use.	Unstable surface or lack of proper grip.	Ensure the machine is on a flat, non-slip surface. Consider placing it on a mat to prevent sliding.
LCD display is blank or not showing data.	Power issue or display malfunction.	Check power connection. If machine is operating but display is blank, contact customer support.

Specifications

Detailed technical specifications for the rollingsurfer EM-02 Under Desk Elliptical Machine:

Specification	Value
Brand	rollingsurfer
Model Number	EM-02
Product Dimensions (D x W x H)	16.93" x 13.39" x 9.85"
Material	Plastic
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	300 Pounds
Maximum Stride Length	11.8 Inches
Item Weight	7.5 Kilograms

Warranty and Support Information

Rollingsurfer provides a **1-Year Manufacturer After-Sales Service** for your Under Desk Elliptical Machine.

If you have any questions about your leg exercise machine, require assistance with troubleshooting, or need to claim warranty service, please do not hesitate to contact us. We offer 24-hour dedicated email customer support and are committed to providing you with a prompt solution.

Please reach out to us through Amazon's messaging system for the quickest response.

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question