Medilax B50

Medilax Under Desk Elliptical Machine B50 User Manual

Model: B50

1. Introduction

Thank you for choosing the Medilax Under Desk Elliptical Machine B50. This device is designed to provide a low-impact exercise experience for your lower body while seated, promoting circulation and muscle engagement. It is suitable for office workers, seniors, and individuals undergoing leg rehabilitation. Please read this manual thoroughly before initial use to ensure proper operation and safety.

2. Important Safety Instructions

- **Do Not Use While Standing:** This elliptical machine is designed exclusively for seated use. Using it while standing may result in injury or damage to the device.
- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Ensure the machine is placed on a stable, flat surface during use. Use the provided non-slip mat to prevent movement.
- Keep children and pets away from the machine during operation.
- Unplug the machine from the power outlet when not in use or before cleaning.
- Do not attempt to modify or repair the machine yourself. Contact customer support for assistance.
- Keep hands and feet clear of moving parts during operation.

3. Package Contents

Verify that all components are present in the package:

- Machine Body x 1
- Foot Pedal (Left/Right) x 2

- Power Cord x 1
- Remote Control x 1
- Screwdriver x 1
- Screw x 4
- Anti-slip Tape x 2
- Non-slip Mat x 1



Image 3.1: All components included with the Medilax B50 Under Desk Elliptical Machine, including the main unit, pedals, remote, power cord, screwdriver, screws, anti-slip tape, and non-slip mat.

4. Setup and Installation

Follow these steps to assemble your Medilax B50 Elliptical Machine:

1. **Step 1: Attach Foot Pedals.** Align the groove on each foot pedal with the two screw holes on the machine body. Press the pedal down flat. Ensure you match the left (L) and right (R) pedals to the corresponding sides of the machine.
2. **Step 2: Rotate Pedals.** After installing the foot pedals, rotate them 180 degrees to ensure the holes are properly aligned for securing.
3. **Step 3: Secure Pedals.** Align the screws with the holes and use the provided screwdriver to tighten them securely.



Image 4.1: Visual guide demonstrating the three steps for attaching the foot pedals to the main elliptical unit.

Place the non-slip mat under the machine to enhance stability and reduce noise during use.

5. Operating Instructions

5.1 Remote Control

The remote control allows you to operate the elliptical machine without bending over. Ensure the remote is pointed directly at the machine's display for optimal functionality.



Image 5.1: Overview of the remote control buttons and their corresponding functions, including Start/Stop, Direction, Function, Power, Mode, and Speed adjustments.

- **START/STOP:** Initiates or pauses the exercise.

- **POWER:** Turns the machine on or off.
- **MODE:** Switches between Automatic Modes (P1, P2, P3) and Manual Mode (HR).
- **SPEED (+/-):** Adjusts the speed in Manual Mode (HR-1 to HR-12). Not functional in Automatic Modes.
- **DIRECTION:** Changes the pedaling direction (forward/reverse) in Manual Mode only.
- **FUNCTION:** Cycles through display data (Scan, Time, Distance, Speed, Counter, Calories).

5.2 Modes of Operation

The Medilax B50 offers both manual and automatic exercise modes:

- **Manual Mode (HR-1 to HR-12):** Provides 12 adjustable speed levels. In this mode, you can manually adjust speed and change pedaling direction.
- **Automatic Modes (P1, P2, P3):** These are pre-programmed routines that vary speed and direction automatically. In these modes, only Start/Pause, Power On/Off, and mode selection are supported by the remote. Speed and direction adjustments are not available.



Image 5.2: Illustration of the 12 manual speed adjustments (HR-1 to HR-12) and the visual representation of the 3 automatic program profiles (P1, P2, P3).

5.3 Directional Movement

In Manual Mode, you can switch the pedaling direction to target different muscle groups:

- **Forward Rotation:** Primarily stimulates and relaxes the ankle and thigh muscles.
- **Reverse Rotation:** Primarily stimulates and relaxes the thigh and calf muscles.



Image 5.3: Visual comparison of forward rotation, which targets ankle and thigh muscles, and reverse rotation, which targets thigh and calf muscles. Also shows benefits for femur protection, knee injury reduction, and ankle exercise.

5.4 LCD Display

The integrated LCD display shows real-time workout data:

- **SCAN:** Automatically cycles through all data metrics.
- **TIME:** Duration of your current exercise session.
- **DISTANCE:** Estimated distance covered.
- **SPEED:** Current pedaling speed.
- **COUNTER:** Total number of pedal rotations.
- **CALORIES:** Estimated calories burned.



Image 5.4: Detailed view of the Medilax B50's control panel, highlighting the LCD display and buttons for data switch, mode switch, direction switch, and speed switch.

6. Maintenance

- **Cleaning:** Wipe the machine with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and moisture. Its compact size allows for easy storage under a desk or in a closet.
- **Inspection:** Periodically check all screws and connections to ensure they are tight and secure.

7. Troubleshooting

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not connected properly. No power from outlet.	Ensure power cord is securely plugged into both the machine and a working electrical outlet. Test the outlet with another device.
Remote control is unresponsive.	Remote not pointed at display. Batteries low or dead. Obstruction between remote and display.	Point the remote directly at the machine's display. Replace remote batteries. Remove any obstructions.
Speed or direction buttons not working.	Machine is in Automatic Mode (P1, P2, P3).	Switch the machine to Manual Mode (HR) using the 'MODE' button on the remote. Speed and direction adjustments are only available in Manual Mode.
Machine makes unusual noise or movement.	Loose components. Uneven surface.	Check all screws and connections for tightness. Ensure the machine is on a flat, stable surface, using the non-slip mat. If the issue persists, discontinue use and contact customer support.

8. Specifications

- **Model Name:** B50
- **Brand:** Medilax
- **Color:** White
- **Product Dimensions (L x W x H):** Approximately 16.9 inches x 14.2 inches x 10.2 inches
- **Material:** Plastic
- **Resistance Mechanism:** Electric Motorized
- **Item Weight:** Approximately 12 lbs
- **Number of Resistance Levels:** 12 (Manual Mode)
- **Automatic Programs:** 3 (P1, P2, P3)
- **UPC:** 732133600153

9. Warranty and Support

The Medilax B50 Under Desk Elliptical Machine comes with a limited 2-year warranty. For warranty claims, technical support, or any questions regarding your product, please contact Medilax customer service. Refer to your purchase documentation for specific contact details.

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

Anonymous

Email

you@example.com

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