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Dripex B0DRYPRZNX

Dripex 3-in-1 Under Desk Elliptical Exercise Pedal User Manual

Model: B0DRYPRZNX

1. INTRODUCTION

Thank you for choosing the Dripex 3-in-1 Under Desk Elliptical Exercise Pedal. This manual provides essential information for the safe and effective use of your new exercise equipment. Please read it thoroughly before operation and retain it for future reference.

This compact and versatile elliptical is designed for low-impact exercise, suitable for various users including office workers and seniors. It features adjustable speed and resistance levels, multiple operating modes, and a quiet motor for a comfortable workout experience.

2. IMPORTANT SAFETY INFORMATION

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- Use the elliptical on a flat, stable surface. Ensure adequate space around the unit.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear during use.
- Do not stand on the elliptical. It is designed for seated use only.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.
- Ensure the power cord is not damaged or pinched. Do not operate if the cord is compromised.
- Unplug the unit from the power outlet when not in use or before cleaning.
- Do not attempt to disassemble or repair the unit yourself. Contact customer support for assistance.

3. SETUP AND INITIAL USE

3.1 Unpacking

Carefully remove the elliptical from its packaging. Inspect the unit for any signs of damage. The package should include:

- 1 Dripex Under Desk Elliptical Machine

- 1 User Manual
- 1 Remote Control
- 2 Resistance Bands
- 2 Adjustable Foot Straps

3.2 Assembly

The Dripex 3-in-1 Under Desk Elliptical comes **fully assembled**. No additional assembly is required before use.

3.3 Placement

Place the elliptical on a stable, level surface. Ensure it is positioned comfortably under your desk or in your chosen exercise area, allowing for full range of motion without obstruction.



Image 3.1: The Dripex elliptical demonstrating its compact and portable design, with dimensions of 40cm x 38cm x 23cm. It is shown being carried by a person and fitting into a box, highlighting its ease of storage and transport.

3.4 Power Connection

Connect the power cable to the elliptical and then plug it into a standard electrical outlet. The unit is powered by an electrical cable.

4. OPERATING INSTRUCTIONS

4.1 Overview of Controls

The Dripex elliptical can be controlled via its integrated LCD touchscreen display or the included remote control.



Image 4.1: A detailed view of the multi-function LCD display with touchscreen. It shows indicators for Mode/Speed (HA/HF/P1/P2/P3, 1-10 levels), Step/Time (default 30 min, preset 10-60 min), and Direction (Forward & Backward for HA/HF modes). Buttons for Start/Stop, Mode Key, Reduce Speed/Resistance, and Increase Speed/Resistance are also visible.



Image 4.2: The main product image showing the Dripex 3-in-1 Under Desk Elliptical with its remote control. The remote allows for convenient adjustments without bending over.

4.2 Power On/Off

- To power on, press the power switch button located on the unit.
- To power off, press the power switch button again. This eliminates the need to repeatedly unplug the unit.

4.3 Using the Foot Straps and Resistance Bands

- **Foot Straps:** Secure your feet onto the pedals using the adjustable foot straps to prevent slipping during exercise.
- **Resistance Bands:** The included resistance bands can be attached to the unit for upper body exercises, providing a more comprehensive workout.

EXERCISE ANYTIME AND ANYWHERE



Image 4.3: A person using the Dripex elliptical during leisure time, demonstrating the use of resistance bands for upper body exercise. Another image shows the elliptical being used under a desk for working.

4.4 Exercise Modes

The elliptical offers five distinct exercise modes:

- **Manual Modes (HA & HF):**
 - **HA (Speed Mode):** Offers 10 adjustable speed levels.
 - **HF (Resistance Mode):** Offers 10 adjustable resistance levels.
 - In HA and HF modes, you can pedal both forward and backward to target different muscle groups.
- **Automatic Modes (P1, P2, P3):**
 - These are 3 pre-programmed modes designed to gradually adapt you to your workout routine.
 - **P1:** Gentle Leg Rehabilitation Exercise.
 - **P2:** Low-Intensity Exercise.

- **P3:** Calorie Burning Program.
- Note: In automatic modes, time, speed, and direction cannot be adjusted manually.

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 4.4: Illustration of the two manual modes, HA (Adjust Speed Mode) and HF (Adjust Resistance Mode), both offering 1-10 adjustable levels. Two individuals are shown using the elliptical in a seated position.

3 AUTOMATIC MODES (P1/P2/P3)

3 Pre-programmed modes helping you gradually adapt to exercise



Image 4.5: Visual representation of the three automatic modes: P1 for Gentle Leg Rehabilitation Exercise, P2 for Low-Intensity Exercise, and P3 for Calorie Burning. Each mode is depicted with a unique intensity graph.

4.5 Adjusting Speed and Resistance

In manual modes (HA and HF), use the '+' and '-' buttons on the LCD display or the remote control to increase or decrease the speed or resistance level from 1 to 10.

4.6 Bidirectional Movement

The elliptical allows for both forward and backward pedaling. This bidirectional movement helps to engage different muscle groups in your legs and optimize muscle division, contributing to a more comprehensive workout and helping prevent sports injuries.

NO PRESSURE AND LOW-IMPACT WORKOUT



Great For Leg Rehabilitation

Remote-controlled,
No Bending Required



Forward

Exercise the front
thigh muscles

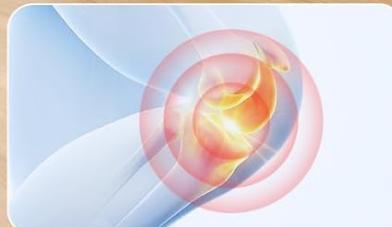


Backward

Exercise the back
thigh muscles



Protect the Spine



Reduce the Knee Injury



Protect Ankle Joint

Image 4.6: A woman comfortably using the Dripex elliptical, highlighting the benefits of a low-impact workout. The image also illustrates the forward movement for front thigh muscles and backward movement for back thigh muscles, along with diagrams showing protection for the spine, reduced knee injury, and ankle joint protection.

4.7 Ultra-Quiet Operation

The Dripex elliptical features an advanced motor system designed for ultra-quiet operation, with noise levels below 15 dB. This allows for discreet use in various environments without disturbing others.

3-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 4.7: An exploded view of the Dripex elliptical's internal mechanism, emphasizing its powerful, stable, and whisper-quiet operation (below 15dB). Features like long-lasting use and low energy consumption are also highlighted.

5. MAINTENANCE

- Cleaning:** Wipe down the unit with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- Storage:** Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design and handle make it easy to carry and store.
- Inspection:** Periodically check all components, including foot straps and power cord, for wear or damage. If any issues are found, discontinue use and contact customer support.

6. TROUBLESHOOTING

If you encounter any issues with your Dripex elliptical, please refer to the following common solutions:

- **Unit does not power on:**

- Ensure the power cord is securely plugged into both the unit and a working electrical outlet.
- Check if the power switch on the unit is in the "ON" position.

- **Pedals are not moving smoothly:**

- Ensure the unit is on a flat, stable surface.
- Check for any obstructions around the pedals.

- **Remote control is not working:**

- Ensure the remote control batteries are correctly inserted and not depleted. The product specifications indicate batteries are included.
 - Point the remote directly at the elliptical's sensor.
- For any other issues or if the above steps do not resolve the problem, please contact Dripex customer support.

7. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	Dripex
Model	B0DRYPRZNX
Resistance Levels	10
Operating Mode	Automatic / Manual
Power Source	Electric Cable
Material Type	Alloy Steel
Number of Programs	3 (Automatic Modes P1, P2, P3)
Included Components	1 Elliptical Machine, 1 User Manual, 1 Remote Control, 2 Resistance Bands, 2 Adjustable Foot Straps
Batteries Included	Yes
Product Dimensions (L x W x H)	40 x 38 x 23 cm
Item Weight	7.9 kilograms
Control Type	Remote Control
Color	Orange

8. WARRANTY AND SUPPORT

Dripex provides a professional after-sales service for this product. You are entitled to 12 months of customer service and 24-hour after-sales support.

If you have any questions, concerns, or require assistance with your Dripex 3-in-1 Under Desk Elliptical, please contact us through Amazon messages or email. Our support team is available to help you.

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