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**ANCHEER AMA006031**

# ANCHEER Elliptical Exercise Machine AMA006031 User Manual

Model: AMA006031

## 1. Introduction and Safety Information

This manual provides essential information for the safe and effective use of your ANCHEER Elliptical Exercise Machine, Model AMA006031. Please read all instructions carefully before assembly and operation. Keep this manual for future reference.

### Important Safety Precautions:

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the elliptical on a flat, stable surface with adequate clearance around it.
- Inspect the machine for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- The maximum user weight capacity for this machine is 500 lbs (226 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

### Package Contents:

Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer support.

- 1 x ANCHEER Elliptical Exercise Machine (Main Unit)
- 1 x Assembly Tool Kit
- 1 x User Manual (This Document)

## 2. Setup and Assembly

Assembly requires two people for easier handling. Follow the steps below carefully. Refer to the included assembly video for visual guidance.

## Assembly Video Guide:

Your browser does not support the video tag.

Official ANCHEER Assembly Guide - Step-by-Step Tutorial. This video provides visual instructions for assembling your elliptical machine.

## Assembly Steps:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Ensure all parts listed in the package contents are present.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are tightened securely.
3. **Install Upright Post:** Connect the upright post to the main frame. Be careful not to pinch any wires during this step.
4. **Connect Pedal Arms:** Attach the pedal arms to the crank assembly. Pay attention to the left and right markings.
5. **Assemble Handlebars:** Secure the moving handlebars to the upright post. Connect any pulse sensor wires if applicable.
6. **Mount Console:** Attach the LCD console to the upright post and connect the necessary sensor cables.
7. **Final Checks:** Double-check all bolts and connections to ensure they are tight and secure. Test the movement of the pedals and handlebars.

## Placement:

Place the elliptical on a level, solid surface. Ensure there is at least 2 feet (60 cm) of clear space around the machine for safe operation and access. The machine dimensions are approximately 44"D x 21"W x 61"H.




Image: The ANCHEER Elliptical Exercise Machine, highlighting its compact size and robust design with a 500 lbs maximum weight capacity. The image shows the machine's dimensions (44 inches deep, 21 inches wide, 61 inches high) and its 16-inch ergonomic stride, suitable for users between 4'11" and 6'4".

## 3. Operating Instructions

### Basic Operation:

- Step onto the pedals one foot at a time, holding onto the stationary or moving handlebars for balance.
- Begin pedaling in a smooth, elliptical motion. The machine can be used for forward or backward pedaling.
- Engage the moving handlebars for a full-body workout, or hold the stationary handlebars for lower body focus.




Image: A woman demonstrating a full-body workout on the ANCHEER Elliptical, illustrating how the machine targets various muscle groups including arms, waist, legs, and hips.

## Resistance Adjustment:

Your elliptical features 14 levels of magnetic resistance. To adjust the resistance:

- Locate the tension knob, typically found on the upright post below the console.
- Turn the knob clockwise to increase resistance for a more challenging workout.
- Turn the knob counter-clockwise to decrease resistance for an easier workout.




Image: A close-up of the resistance adjustment knob, showing the 14 levels of adjustable tension. The graphic illustrates how resistance levels can be varied for different workout intensities, from light to challenging.

## Console Functions:

The LCD monitor displays real-time workout data. Use the buttons (MODE, RESET, SET) to navigate and control the display.

- **MODE:** Press to cycle through display functions (Time, Speed, Distance, Calories, Pulse, Odometer).
- **RESET:** Press and hold to clear current workout data.
- **SET:** Used for setting target values for time, distance, or calories (if applicable).




Image: The elliptical's LCD monitor, showing various data points such as Pulse, Time, Speed, Kcal (calories), Distance, and Odometer. The image highlights the integrated pulse rate grips for accurate heart rate tracking.

### Heart Rate Monitoring:

Grasp the pulse rate grips on the stationary handlebars to display your heart rate on the console. Ensure both hands are firmly on the sensors for an accurate reading.

## 4. Maintenance

Regular maintenance ensures the longevity and optimal performance of your elliptical machine.

### Cleaning:

- Wipe down the machine after each use with a damp cloth to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

### Inspection:

- Periodically check all bolts, nuts, and moving parts for tightness. Tighten as necessary.
- Inspect cables and connections for any signs of wear or damage.

### Storage:

When not in use, store the elliptical in a clean, dry environment. The machine is designed with transport wheels for easy relocation.




Image: A woman easily moving the ANCHEER Elliptical Exercise Machine using its integrated transport wheels, demonstrating its portability and ease of storage.

## 5. Troubleshooting

If you encounter issues with your elliptical, refer to the following common problems and solutions:

| Problem | Possible Cause | Solution |
|---|---|---|
| Machine makes noise (squeaking, rattling) | Loose bolts, lack of lubrication, worn parts. | Check and tighten all assembly bolts. Apply lubricant to moving joints if necessary. If noise persists, contact support. |
| Console display is blank or erratic | Loose cable connection, dead batteries (if applicable), sensor issue. | Ensure all console cables are securely connected. Replace batteries if the console uses them. If the problem continues, contact support. |
| Resistance not changing | Tension cable disconnected or damaged, magnetic mechanism issue. | Check the connection of the tension cable to the resistance knob and the flywheel mechanism. Contact support if the cable is damaged or the mechanism is faulty. |
| Inaccurate heart rate reading | Hands not firmly on sensors, dry hands, electrical interference. | Ensure both hands are placed firmly and completely on the pulse sensors. Lightly moisten hands if they are too dry. Avoid using near strong electromagnetic fields. |

If you cannot resolve an issue using the troubleshooting guide, please contact ANCHEER customer support.

## 6. Specifications

| Feature | Detail |
|---|---|
| Model Name | AMA006031 |
| Brand | ANCHEER |
| Color | Black |
| Product Dimensions (D x W x H) | 44" x 21" x 61" (111.76 cm x 53.34 cm x 154.94 cm) |
| Material | Aluminum, Steel |
| Item Weight | 30 kg (66 lbs) |
| Maximum Weight Recommendation | 500 lbs (226 kg) |
| Resistance Mechanism | Magnetic |
| Number of Resistance Levels | 14 |
| Maximum Stride Length | 16 inches (40.64 cm) |
| Included Components | Elliptical Exercise Machine, Assembly Tool Kit, User Manual |
| UPC | 840533801114 |




Image: A detailed view of the ANCHEER Elliptical's ultra-quiet premium magnetic flywheel system, emphasizing its uniform resistance, stable and smooth motion, and quiet operation (below 20dB).

## 7. Warranty and Support

### Warranty Information:

ANCHEER provides a lifetime warranty for this elliptical exercise machine. This warranty covers manufacturing defects and ensures the quality of your product.

### Customer Support:

For any questions, concerns, or assistance with your ANCHEER Elliptical Exercise Machine, please contact our customer support team. We offer unlimited free part replacement and 24/7 priority support.

Please refer to the contact information provided with your purchase or visit the official ANCHEER website for support details.

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

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

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