TODO TUD-523

TODO Under Desk Elliptical Machine

Model: TUD-523 User Manual

Brand: TODO

1. Introduction

The TODO Under Desk Elliptical Machine (Model TUD-523) is designed to provide a low-impact exercise solution for individuals seeking to maintain physical activity while seated. This electric pedal exerciser offers adjustable speeds and modes, forward and reverse motion, and an integrated LCD display for tracking workout data. It is suitable for use in various settings, including offices and homes, to promote circulation, strengthen leg muscles, and support joint-friendly rehabilitation.

2. Safety Information

- Read all instructions before using the machine.
- Ensure the machine is placed on a stable, flat surface during use.
- Keep children and pets away from the machine during operation.
- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Do not stand on the machine. It is designed for seated use only.
- Keep hands and feet clear of moving parts.
- Unplug the machine when not in use or before cleaning.
- Do not use the machine if it is damaged or malfunctioning.

3. Package Contents

Verify that all components are present in the package:

- TODO Under Desk Elliptical Machine (Main Unit)
- Remote Control
- Pedal Straps (2)
- Screwdriver
- Screws (for pedal attachment)
- User Manual



Figure 1: Included components and dimensions of the elliptical machine.

4. Product Overview

The TODO Under Desk Elliptical Machine is designed for convenience and effective low-impact exercise. Key features include:

- **Low-Impact Exercise:** Strengthens legs, boosts circulation, and supports joint health.
- **12 Speeds & 12 Modes:** Offers a variety of intensity levels and pre-set programs.
- **Dual Control Options:** Operate via remote control or integrated buttons on the machine.
- **Whisper-Quiet Operation:** Magnetic drive system ensures quiet workouts (under 15dB).
- **Forward & Reverse Motion:** Engages different muscle groups for a comprehensive workout.
- **LCD Tracking:** Displays time, speed, distance, count, and calories burned.
- **Portable & Fully Assembled:** Compact design, ready to use out of the box.



Figure 2: Key features and control options of the elliptical machine.



Figure 3: Remote control and LCD display for monitoring and adjusting settings.

5. Setup and Assembly

The TODO Under Desk Elliptical Machine comes mostly assembled. Only the pedals need to be

attached.

Attaching the Pedals:

1. Identify the 'Right Pedal' and 'Left Pedal'. The video below demonstrates this.
2. Align the right pedal with the right crank arm on the machine.
3. Insert the provided screw into the designated hole on the underside of the pedal and tighten it securely with the screwdriver.
4. Repeat the process for the left pedal, ensuring it is aligned with the left crank arm and securely fastened.
5. Once both pedals are attached, you can optionally install the pedal straps for added foot security.

Video demonstrating the attachment of the right and left pedals to the TODO Under Desk Elliptical Machine using a screwdriver.

Video 1: Pedal Assembly Guide

6. Operation

Powering On/Off:

- Connect the power adapter to the machine and a power outlet.
- Press the **POWER** button on the machine or remote control to turn it on.
- Press and hold the **POWER** button to turn it off.

Using the Remote Control:

The remote control allows for convenient adjustment of settings without bending down.

- **Power Button:** Turns the machine on or off.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed (12 levels).
- **Direction Adjustment:** Use the 'Direction' button to switch between forward and reverse pedaling.
- **Mode Selection:** Use the 'Mode' button to cycle through the 12 pre-set automatic modes or select Manual mode.
- **Function Button:** Cycles through display metrics on the LCD (Time, Speed, Distance, Count, Calories).

Understanding the LCD Display:

The LCD screen provides real-time feedback on your workout:

- **SCAN:** Automatically cycles through all metrics.
- **SPEED:** Current pedaling speed.
- **TIME:** Duration of the current workout session.
- **DISTANCE:** Estimated distance covered.
- **COUNT:** Total number of pedal rotations.

- **CALORIE:** Estimated calories burned.



Figure 4: Benefits of forward and reverse elliptical movement.

7. Maintenance

- **Cleaning:** Wipe the machine with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight when not in use.
- **Inspection:** Periodically check all screws and connections to ensure they are tight.

8. Troubleshooting

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Machine does not power on.	Power adapter not connected or faulty.	Ensure power adapter is securely connected to both the machine and a working power outlet. Test the outlet with another device.
Pedals are not moving smoothly.	Obstruction or loose connection.	Check for any obstructions around the pedals. Ensure pedals are securely attached.
LCD display is not working.	Power issue or display malfunction.	Ensure the machine is powered on. If the issue persists, contact customer support.
Remote control is unresponsive.	Batteries are low or depleted.	Replace the batteries in the remote control. Ensure there are no obstructions between the remote and the machine.

9. Specifications

- **Model Name:** TUD-523
- **Product Dimensions:** 31.5D x 30W x 15H Centimetres
- **Item Weight:** 4.6 Kilograms
- **Material:** Acrylonitrile Butadiene Styrene (ABS), Aluminum
- **Resistance Mechanism:** Magnetic
- **Maximum Weight Recommendation:** 136.08 kg
- **Speeds:** 12 Levels
- **Modes:** 12 Pre-set Automatic Modes, Manual Mode
- **Noise Level:** Under 15dB



Figure 5: Compact dimensions for easy storage and placement.

10. Warranty and Support

This product comes with a**1-year warranty** from the date of purchase.
For warranty claims, technical assistance, or any questions regarding your TODO Under Desk Elliptical Machine, please contact TODO customer support. Refer to the product packaging or the official TODO website for contact information.

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