

## JELENS 0931

# JELENS Elliptical Machine Model 0931 User Manual

Comprehensive Instructions for Setup, Operation, and Maintenance

## 1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembling and using the JELENS Elliptical Machine. Retain this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the machine during operation.
- Place the elliptical machine on a flat, stable surface with adequate clearance around it.
- Wear appropriate exercise attire and footwear.
- Inspect the machine for loose or damaged parts before each use. Do not use if any components are compromised.
- Do not exceed the maximum user weight of 300 lbs (136 kg).
- Use the machine only for its intended purpose as described in this manual.

## 2. PACKAGE CONTENTS

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

- Main Elliptical Frame (80% pre-assembled)
- Pedals (2)
- Handlebars (2)
- Stabilizer Bars (Front and Rear)
- LCD Monitor
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual (this document)

### 3. SETUP AND ASSEMBLY

The JELENS Elliptical Machine is designed for quick and straightforward assembly, with approximately 80% of the parts pre-assembled. Installation typically takes about 20 minutes.



**Figure 3.1: Easy Installation**

The elliptical machine comes 80% pre-assembled, allowing for quick installation in approximately 20 minutes with the included user manual.

1. Unpack all components and lay them out on a clear, flat surface.
2. Attach the front and rear stabilizer bars to the main frame using the provided hardware.
3. Secure the pedals to the crank arms. Ensure they are tightened correctly to prevent wobbling.

4. Connect the handlebars to the main frame, ensuring all connections are secure.
5. Mount the LCD monitor onto its designated bracket and connect any necessary cables.
6. Double-check all bolts and connections to ensure they are tight and secure before first use.

## 4. OPERATING INSTRUCTIONS

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The JELENS Elliptical Machine offers a comprehensive and quiet workout experience with adjustable resistance and real-time tracking.

### 4.1 Power and Start-up

This elliptical machine does not require electric power to operate, making it convenient to use in any home gym setting. Simply step on the pedals and begin exercising.

### 4.2 Adjusting Magnetic Resistance

The machine features 8 levels of magnetic resistance, allowing you to tailor your workout intensity. Turn the tension control knob located on the main frame to increase or decrease resistance.

# CUSTOMIZE RESISTANCES FOR ALL



**Figure 4.1: Resistance Control**

The elliptical machine features an 8-level magnetic resistance system, adjustable via a tension control knob. Levels 1-2 are for warming up, 3-5 for sweating and weight loss, and 6-8 for glute and leg shaping.

- **Levels 1-2:** Ideal for warming up and relaxing.
- **Levels 3-5:** Suitable for moderate cardio, promoting sweating and weight loss.
- **Levels 6-8:** Designed for higher intensity, focusing on glute and leg shaping.

## 4.3 Using the LCD Monitor

The intelligent digital display provides real-time feedback on your workout progress.

# MULTI-FUNCTION DATA DISPLAY

Easily Track Your Fitness



Figure 4.2: Multi-Function Data Display

The integrated LCD monitor tracks essential workout metrics including time, speed, distance, calories burned, pulse, scan function, and odometer. A device holder is included for convenience.

- **TIME:** Displays the duration of your current workout.
- **SPEED:** Shows your current speed.
- **DISTANCE:** Tracks the distance covered during your workout.
- **CALORIES:** Estimates the calories burned.
- **PULSE:** Displays your heart rate (if equipped with pulse sensors on handlebars).
- **SCAN:** Cycles through all metrics automatically.
- **ODO:** Shows the total accumulated distance.

- **RESET Button:** Clears current workout data.
- **MODE Button:** Selects specific display modes.
- **SET Button:** Used for setting target values or confirming selections.

A device holder is integrated into the console, allowing you to place your smartphone or tablet for entertainment or guided workouts.

#### 4.4 Quiet Operation and Versatility

The advanced magnetic drive system ensures ultra-silent operation, making it suitable for use at any time without disturbing others.



## NOISE-FREE OPERATION

Harmonious Home Environment

**Figure 4.3: Noise-Free Operation**

The advanced magnetic drive system ensures ultra-silent operation, allowing for a quiet workout experience without disturbing others in a home environment.

This elliptical machine provides a 3-in-1 cardio workout experience, combining elements of an exercise bike, treadmill, and stepper. It also includes a convenient cup holder for hydration during your workout.



**Figure 4.4: 3-in-1 Cardio and Cup Holder**

This elliptical machine offers a 3-in-1 cardio workout experience, combining elements of an exercise bike, treadmill, and stepper. It also includes a convenient cup holder.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JELENS Elliptical Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check moving parts for smooth operation. Apply a silicone-based lubricant if any squeaking or friction is noticed.
- **Hardware Check:** Regularly inspect all bolts, nuts, and screws to ensure they are tight. Re-tighten as necessary.
- **Storage:** When not in use, the machine can be easily moved and stored thanks to its built-in transport wheels and compact design.



Figure 5.1: Easy Mobility

Built-in transport wheels allow for easy movement and storage of the elliptical trainer, making it convenient to reposition or store away when not in use.

## 3-IN-1 CARDIO ELLIPTICAL MACHINE



Exercise bike

+



Treadmill

+



Stepper



**Figure 5.2: Foldable & Compact Design**

The elliptical machine features a foldable and compact design, measuring 22.8 inches deep, 43.7 inches wide, and 62.6 inches high when assembled, maximizing space saving. It supports a maximum load capacity of 300 lbs.

## 6. TROUBLESHOOTING

If you encounter any issues with your JELENS Elliptical Machine, refer to the following common problems and solutions:

- **Squeaking Noises:**

*Possible Cause:* Loose bolts or lack of lubrication on moving parts.

*Solution:* Check and tighten all assembly bolts. Apply a silicone-based lubricant to joints and pivot points.

- **Unstable Operation/Wobbling:**

*Possible Cause:* Machine not on a level surface or loose stabilizer bar connections.

*Solution:* Ensure the machine is placed on a completely flat surface. Verify that the front and rear stabilizer bars are securely attached and tightened.

- **LCD Monitor Not Displaying:**

*Possible Cause:* Loose cable connection or depleted batteries.

*Solution:* Check the connection cable from the monitor to the main frame. Replace the batteries in the LCD monitor if applicable.

- **Resistance Not Changing:**

*Possible Cause:* Issue with the tension control cable or magnetic mechanism.

*Solution:* Ensure the tension control knob is functioning correctly and the cable is not obstructed. If the problem persists, contact customer support.

## 7. SPECIFICATIONS

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## STURDY STRUCTURE SMOOTH OPERATION



Double-thick  
Steel Tube

2.4" Diam  
Foot Tube



Laser Beam  
Welding

**300LBS**  
WEIGHT CAPACITY

**Figure 7.1: Sturdy Structure**

The elliptical trainer is built with double-thick steel tubing and a 2.4-inch diameter foot tube, reinforced with laser beam welding, ensuring stability and durability for users up to 300 lbs.

Feature	Detail
Model Name	0931
Brand	JELENS
Product Dimensions (L x W x H)	57.91 x 111 x 159 cm (22.8 x 43.7 x 62.6 inches)
Item Weight	32.4 kg (71.4 lbs)

Color	Black
Material	Alloy Steel
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Maximum Weight Recommendation	300 Pounds (136 kg)
Maximum Stride Length	13 Inches
Included Components	User manual, assembly tools

## 8. WARRANTY AND SUPPORT

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JELENS is committed to providing quality products and customer satisfaction. We offer professional after-sales service to assist with any technical guidance, returns, or exchanges.

For support, please refer to the contact information provided at the point of purchase or visit the official JELENS website.