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> ANCHEER Under Desk Elliptical Machine AMA005563 User Manual

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ANCHEER Under Desk Elliptical Machine AMA005563 User Manual

Model: AMA005563 | Brand: ANCHEER

INTRODUCTION

This manual provides essential information for the safe and effective operation of your ANCHEER Under Desk Elliptical Machine. Please read it thoroughly before use and retain it for future reference. This electric seated pedal exerciser is designed to provide low-impact leg movement for users while seated, suitable for home or office environments.

SAFETY INFORMATION

- Ensure the machine is placed on a stable, flat surface before use.
- Only use the elliptical while seated. Do not stand on the pedals.
- Keep children and pets away from the machine during operation.
- Consult a physician before starting any new exercise program.
- Unplug the machine when not in use or before cleaning.
- Do not use if the power cord is damaged.

PACKAGE CONTENTS

Verify that all items are present in the package:

- 1x ANCHEER Under Desk Elliptical Machine
- 1x Remote Control
- 1x Power Cord
- 1x User Manual (this document)

SETUP

The ANCHEER Under Desk Elliptical Machine requires no assembly. It is ready for use directly out of the box.

1. Place the elliptical on a flat, stable surface under your desk or in front of your chair.
2. Plug the power cord into the elliptical machine and then into a standard electrical outlet.
3. Ensure there is enough space around the machine for comfortable use and to prevent obstruction of the pedals.



Figure 1: ANCHEER Under Desk Elliptical Machine with remote control and LCD display. The machine is compact and designed for seated use.

OPERATING INSTRUCTIONS

Your ANCHEER elliptical offers both manual and automatic exercise modes, controlled via the integrated LCD display or the remote control.

Powering On/Off

- Press the **POWER** button on the remote control or the main unit to turn the machine on.

- Press and hold the **POWER** button to turn the machine off. The machine will automatically shut off after 5 minutes of inactivity.

Manual Mode (HR)

In Manual Mode, you have full control over speed and direction.

1. Ensure the machine is powered on. The default mode is Manual (HR).
2. Use the **SPEED+** or **SPEED-** buttons on the remote or unit to adjust the speed (1-12 levels).
3. Use the **DIRECTION** button to switch between forward (F) and reverse (R) rotation.
4. Press **START/STOP** to begin or pause the exercise.



Figure 2: Manual workout mode allows adjustable speed and direction. Auto mode provides pre-programmed routines (P1-P3).

Automatic Modes (P1-P3)

The automatic modes offer pre-programmed exercise routines with varying speeds and directions.

1. Press the **MODE** button on the remote or unit to cycle through P1, P2, and P3 automatic programs.
2. Each program has a fixed duration (e.g., 30 minutes for P1-P3) and automatically adjusts speed and direction.

3. Press **START/STOP** to begin or pause the selected automatic program.



Figure 3: The remote control allows convenient adjustment of speed, mode, and direction without bending down.

LCD Display Functions

The LCD display tracks your exercise progress:

- **SCAN:** Cycles through all metrics automatically.
- **TIME:** Displays the duration of your current workout.
- **DISTANCE:** Shows the estimated distance covered.
- **SPEED:** Indicates the current speed of the pedals.
- **COUNT:** Tracks the number of pedal rotations.
- **CALORIE:** Estimates calories burned during the session.

EASY TO OPERATE LCD SCREEN



Figure 4: The easy-to-operate LCD screen provides real-time display of exercise data such as time, distance, speed, count, and calories.

Video Guide: How to Use the Under Desk Elliptical

Your browser does not support the video tag.

Video 1: This video demonstrates the basic operation of an under-desk elliptical, including manual and automatic modes, speed adjustment, and display functions. While the model shown may vary slightly, the operational principles apply to your ANCHEER machine.

MAINTENANCE

- **Cleaning:** Wipe down the machine with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Lubrication:** Periodically check for any squeaking or stiffness in the moving parts. Apply a small amount of silicone-based lubricant if necessary, following the instructions provided with the lubricant.
- **Storage:** Store the elliptical in a cool, dry place away from direct sunlight when not in use. Its compact design allows for easy storage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected or no power from outlet.	Check power cord connection. Test outlet with another device.
Pedals are stiff or making noise.	Lack of lubrication or debris in moving parts.	Clean around pedals. Apply silicone lubricant to moving joints.
Remote control not working.	Dead batteries or obstruction.	Replace remote control batteries. Ensure no obstructions between remote and machine.
Machine moves during use.	Not placed on a stable surface.	Ensure the machine is on a flat, non-slip surface.

SPECIFICATIONS

- **Product Dimensions:** 45.72 x 35.56 x 40.64 cm (18 x 14 x 10 inches)
- **Item Weight:** 4.8 kg (10.58 lbs)
- **Model Number:** AMA005563
- **Color:** Green
- **Material:** Acrylonitrile Butadiene Styrene (ABS), Aluminum
- **Resistance Mechanism:** Magnetic
- **Maximum Weight Recommendation:** 226.8 kg (500 lbs)
- **Included Components:** Under Desk Elliptical Machine, User Manual, Remote Control

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided at the point of purchase or visit the official ANCHEER website. Please have your model number (AMA005563) and purchase date ready when contacting support.