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› FOUSAE Elliptical Exercise Machine Pro Plus Model 6623 User Manual

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FOUSAE Elliptical Exercise Machine Pro Plus User Manual

Model: 6623

1. PRODUCT OVERVIEW

The FOUSAE Elliptical Exercise Machine Pro Plus is designed for effective home cardio training. It features a robust rear-drive system, a 16lb flywheel, and 16 levels of magnetic resistance for a smooth and quiet workout experience. The machine includes an LCD monitor for tracking key metrics and supports connectivity with popular fitness applications.



Figure 1: FOCUSAE Elliptical Exercise Machine Pro Plus.

2. SETUP AND ASSEMBLY

Carefully unpack all components and ensure all parts are present before beginning assembly. Refer to the included hardware pack and the assembly video for detailed instructions.

2.1 Assembly Video Tutorial

Video 1: Step-by-step assembly tutorial for the elliptical machine. This video guides you through attaching the stabilizers, front post, handrail arms, pedals, and the electronic monitor.

2.2 Key Assembly Steps

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are tightened for stability.
2. **Install Front Post:** Connect the front post to the main unit. Ensure the tension control cable is properly connected before securing the post.
3. **Assemble Handrail Arms:** Attach the left and right handrail arms. Pay attention to the 'L' and 'R' markings for correct placement.
4. **Mount Pedals:** Secure the left and right pedals to their respective arms. Ensure all bolts are firmly tightened.
5. **Connect Electronic Monitor:** Attach the electronic monitor to the handlebar post. Connect all necessary wires for data tracking and heart rate monitoring.

For detailed visual guidance, please refer to the assembly video provided above.

3. OPERATING INSTRUCTIONS

3.1 Adjusting Resistance

The elliptical machine features 16 levels of magnetic resistance. To adjust the resistance, turn the tension control knob located on the front post. Turn clockwise to increase resistance for a more challenging workout, or counter-clockwise to decrease resistance for an easier session.

16 Customize Resistances for All



Figure 2: Resistance levels can be customized from 1 to 16 for various workout intensities.

3.2 Using the LCD Monitor and App Connectivity

The integrated LCD monitor tracks essential workout metrics including time, speed, distance, calories burned, and heart rate. To view different metrics, press the 'MODE' button on the monitor. The machine also supports seamless syncing with fitness apps such as FITSHOW, KINOMAP, Zwift, or EXR via Bluetooth, allowing for data visualization and goal setting.



Figure 3: The LCD monitor displays 6 types of workout data for real-time tracking.

3.3 Workout Benefits

The 15.5-inch stride length provides a natural, low-impact motion that reduces stress on knees and joints. The elliptical offers a full-body workout, engaging muscles in the arms, chest, back, abdominals, legs, and buttocks. Its hyper-quiet magnetic drive system operates at under 20dB, ensuring a peaceful workout environment.



Figure 4: The elliptical machine provides a comprehensive full-body workout.

4. MAINTENANCE

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are securely tightened. Re-tighten as necessary.
- **Lubrication:** The magnetic drive system is generally maintenance-free. However, if you notice any squeaking from moving joints (e.g., pedal arms), apply a small amount of silicone-based lubricant.
- **Storage:** When not in use, store the machine in a dry, clean environment away from direct sunlight and extreme temperatures. The integrated transport wheels allow for easy relocation and storage.

Easy to Move and Store

With built-in wheels, you can exercise anywhere in your home.



Figure 5: The elliptical features built-in wheels for easy movement and storage.

5. TROUBLESHOOTING

If you encounter any issues with your elliptical machine, refer to the following common troubleshooting tips:

- **Noise during operation:** Check all assembly bolts and nuts for tightness. Ensure the machine is on a level surface. If noise persists, inspect moving parts for any obstructions or wear.
- **Resistance not changing:** Verify that the tension control cable is correctly connected and not kinked. Ensure the tension knob is functioning properly.
- **Monitor not displaying data:** Check the battery compartment for proper battery installation and charge. Ensure all sensor wires are securely connected to the monitor.
- **Unstable movement:** Confirm that the machine is placed on a flat, stable surface. Adjust the floor stabilizers if necessary to eliminate wobbling.

For persistent issues not covered here, please contact customer support.

6. SPECIFICATIONS

Feature	Specification
Model Name	6623
Brand	FOUSAE
Color	Pro Plus
Product Dimensions	48"D x 60"W x 23.23"H
Material	Acrylonitrile Butadiene Styrene (ABS)
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	350 Pounds
Maximum Stride Length	15.5 Inches
UPC	762744424855

7. WARRANTY AND SUPPORT

The FOUSAE Elliptical Exercise Machine Pro Plus comes with a **12-month warranty** from the date of purchase.

Your satisfaction is our priority. If you have any questions, concerns, or require assistance with your elliptical, our dedicated support team is ready to assist you promptly and effectively. We are committed to resolving issues and ensuring you enjoy a smooth, high-quality experience.

Please contact our customer support team for any inquiries.