

## Yagud Elliptical C

# Yagud Under Desk Elliptical Machine Instruction Manual

Model: Elliptical C

## 1. INTRODUCTION AND OVERVIEW

This manual provides essential information for the safe and effective operation and maintenance of your Yagud Under Desk Elliptical Machine. Please read this manual thoroughly before using the device and retain it for future reference.

The Yagud Under Desk Elliptical Machine is designed to provide low-impact leg exercise while seated. It features both automatic and manual operation modes, adjustable speeds, and a remote control for convenience. Its quiet operation makes it suitable for various environments, including home and office settings.

## 2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Place the elliptical machine on a stable, flat surface to prevent tipping or movement during use.
- Keep children and pets away from the device during operation.
- Do not stand on the pedals. This device is designed for seated use only.
- Ensure the power cord is not pinched or damaged. Unplug the device when not in use or before cleaning.
- Keep hands and loose clothing away from all moving parts during operation.
- Do not attempt to disassemble or repair the unit yourself. Contact customer support for assistance.

## 3. PACKAGE CONTENTS

Verify that all components are present in the package:

- Yagud Under Desk Elliptical Machine Unit
- Power Adapter
- Remote Control
- Instruction Manual (this document)

## 4. SETUP

1. **Unpack the Unit:** Carefully remove all components from the packaging.
2. **Placement:** Place the elliptical machine on a firm, level surface under your desk or in your preferred exercise area. Ensure there is enough space for your legs to move freely without obstruction.
3. **Connect Power:** Plug the power adapter into the elliptical machine's power port, then plug the adapter into a standard electrical outlet.
4. **Remote Control Battery:** Insert the required batteries into the remote control (batteries not included, typically 2x AAA).



Image: The Yagud Under Desk Elliptical Machine positioned for use under a desk, demonstrating its compact design.

## 5. OPERATING INSTRUCTIONS

### 5.1 Power On/Off

Press the **POWER** button on the unit's display panel or the red **POWER** button on the remote control to turn the machine on or off.

### 5.2 Modes of Operation

The elliptical machine offers two primary modes: Manual Mode and Automatic Mode.

- **Manual Mode (HR):** In this mode, you manually control the speed and direction of the pedals.
- **Automatic Mode (P1-P12):** This mode features 12 pre-programmed settings (P1 through P12) that automatically adjust the speed and direction of the pedals over a 15-minute cycle.

To switch between modes, press the **MODE** button on the unit or the remote control.



Image: Illustration of the two adjustable modes: Automatic (P1-P12) with timed changes, and Manual (HR) for user-controlled settings.

### 5.3 Speed Adjustment

The machine offers 12 adjustable speed levels. In Manual Mode, use the **+** and **-** buttons on the unit or the **TIME/SPEED** up/down arrows on the remote to increase or decrease the speed.

# Simplicity Meets Functionality



Image: Detailed view of the control panel and remote, highlighting speed and mode controls.

## 5.4 Direction Change

To change the pedaling direction (forward or backward), press the **DIRECTION** button on the unit or the remote control. Changing direction targets different muscle groups.



Image: The elliptical machine in operation, illustrating the pedaling motion.

## 5.5 Display Functions

The digital display cycles through various metrics. Press the **FUNCTION** button to view:

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

## 6. MAINTENANCE

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

- **Cleaning:** Wipe the unit with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Inspection:** Periodically check for any loose screws or parts. Tighten them if necessary.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures.

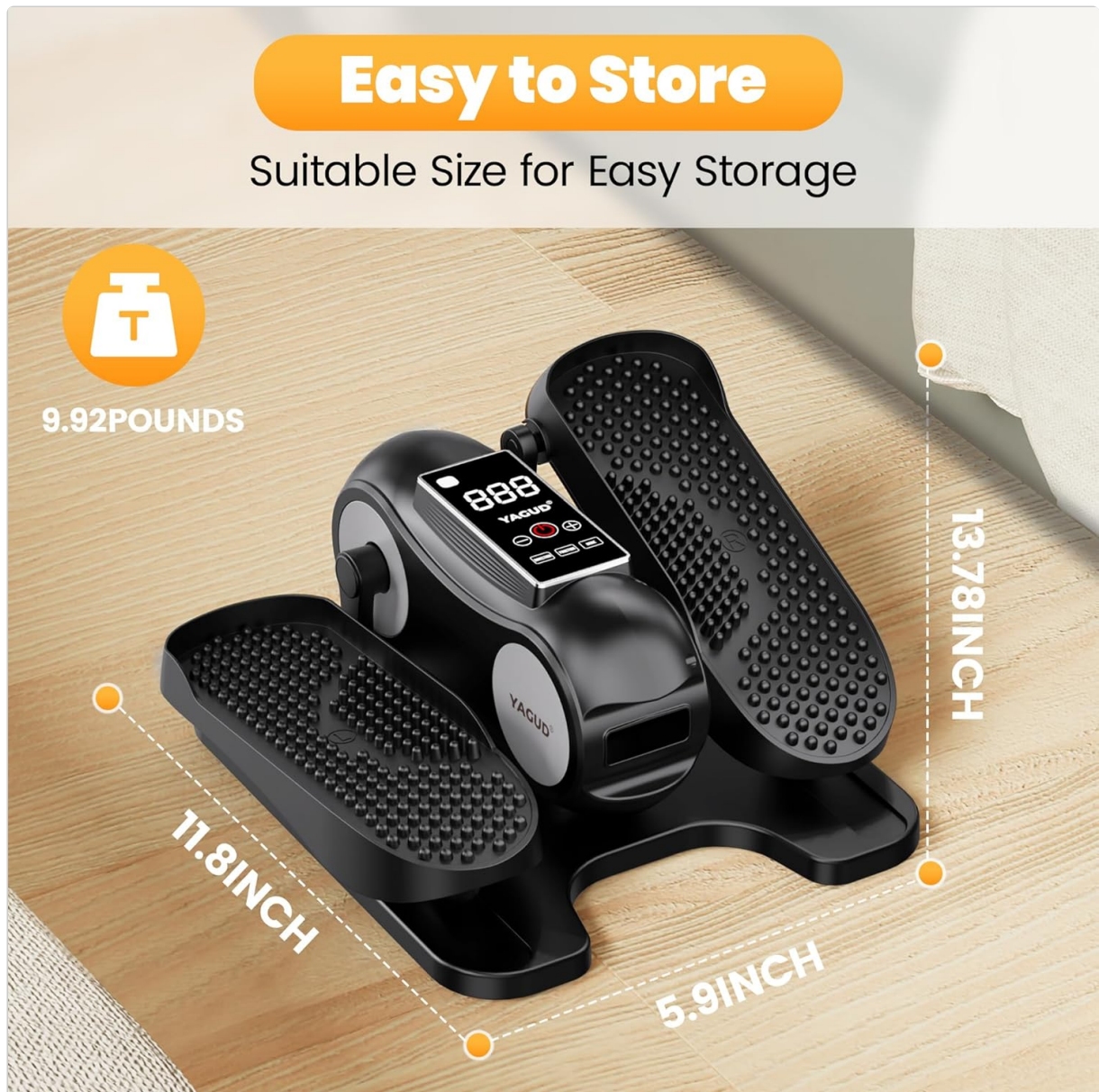


Image: Dimensions of the elliptical machine, illustrating its compact size for easy storage.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; power outlet not working.	Ensure the power cord is securely plugged into both the machine and a functional electrical outlet. Try a different outlet.
Remote control is unresponsive.	Remote batteries are low or depleted; remote not aimed correctly.	Replace the remote control batteries. Ensure the remote is pointed directly at the machine's display panel.
Pedals are not moving smoothly or are making unusual noises.	Obstruction under or around pedals; unit not on a level surface.	Check for any objects obstructing the pedal movement. Ensure the machine is placed on a flat, stable surface.

If the problem persists after attempting these solutions, please contact customer support.

## 8. SPECIFICATIONS

Feature	Detail
Brand	Yagud
Model Number	Elliptical C
Color	Black
Material	Alloy Steel, Plastic
Item Dimensions (LxWxH)	18 x 32 x 38 inches
Package Dimensions (LxWxH)	14.92 x 13.23 x 7.13 inches
Package Weight	4.14 Kilograms
Number of Items	1
Included Components	Remote control
Date First Available	October 31, 2025

## 9. WARRANTY AND SUPPORT

## 9.1 Product Warranty

The Yagud Under Desk Elliptical Machine comes with a **1-year warranty** from the date of purchase, covering manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

## 9.2 Customer Support

For technical assistance, troubleshooting, warranty inquiries, or any other questions regarding your Yagud Under Desk Elliptical Machine, please contact our customer support team:

- **Email:** [support@yagudfitness.com](mailto:support@yagudfitness.com)
- **Telephone:** +1 (785) 302-9066

Our support team is available to assist you with any product-related concerns.