

FOUSAE MC82A

FOUSAE Under Desk Elliptical MC82A User Manual

Model: MC82A

1. INTRODUCTION

Thank you for choosing the FOUSAE Under Desk Elliptical MC82A. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new leg exerciser. Please read this manual thoroughly before use and retain it for future reference.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, always read and follow these basic precautions before using the FOUSAE Under Desk Elliptical:

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Use the elliptical only for its intended purpose as described in this manual.
- Place the elliptical on a flat, stable surface. Use the included non-slip mat for added stability.
- Keep children and pets away from the equipment during operation.
- Ensure adequate space around the elliptical for safe operation.
- Do not use the elliptical if it is damaged or malfunctioning. Contact customer support immediately.
- Do not exceed the maximum weight recommendation of 350 pounds.
- Always wear appropriate footwear when using the elliptical.
- Keep hands and feet clear of all moving parts.
- Unplug the elliptical from the power outlet when not in use or before cleaning.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- 1 x FOUSAE Electric Under Desk Elliptical

- 1 x Non-Slip Mat
- 1 x Power Cord (78.75 inches)
- 1 x Remote Control (battery included)
- 1 x User Manual (this document)

4. PRODUCT OVERVIEW

The FOUSAE Under Desk Elliptical MC82A is a compact leg exerciser designed for use while sitting. It features adjustable speeds, dual motion directions, and convenient control options.



Figure 1: Main view of the FOUSAE Under Desk Elliptical MC82A. This image shows the compact design with two large foot pedals and a central control panel with an LCD display.

Key Features:

- **15 Adjustable Speed Levels:** Customize your workout intensity.
- **Forward & Reverse Motion:** Engage different muscle groups for a comprehensive lower body workout.
- **Dual Control Options:** Operate via the integrated touch screen or the included remote control.
- **Quiet Operation:** Equipped with a 60W motor for smooth and silent performance (<15 dB).
- **Detachable Pedal Straps:** Secure your feet during exercise.
- **Portable Design:** Features a handle for easy mobility and storage.
- **Pre-assembled:** Ready to use right out of the box.

5. SETUP

The FOUSAE Under Desk Elliptical MC82A comes 100% pre-assembled, requiring no complex installation.

1. **Placement:** Choose a flat, stable surface under a desk or in an open area where you intend to use the elliptical. Ensure there is enough space for your legs to move freely without obstruction.
2. **Non-Slip Mat:** Place the provided non-slip mat on the floor where the elliptical will sit. This enhances stability and protects your flooring.
3. **Power Connection:** Connect the power cord to the elliptical's power input port, then plug the other end into a standard electrical outlet.
4. **Initial Check:** Before sitting down, ensure the elliptical is stable and the power cord is securely connected.

6. OPERATING INSTRUCTIONS

The elliptical can be operated using either the touch buttons on the unit or the remote control.



Figure 2: Illustration of the dual control options: remote control and touch buttons on the unit's display panel.

6.1. Powering On/Off

- **To Power On:** Press the **ON/OFF** button on the unit's touch screen or the corresponding button on the remote control. The LCD display will illuminate.
- **To Power Off:** Press and hold the **ON/OFF** button for a few seconds until the display turns off. Alternatively, unplug the unit from the power source.

6.2. Understanding the LCD Display and Touch Buttons



Figure 3: Detailed view of the LCD display and touch buttons, indicating functions like Direction, Time, Speed+/-, Data, and ON/OFF.

- **DIRECTION:** Changes the pedal motion between forward and reverse.
- **TIME:** Adjusts the exercise duration in 5-minute increments, from 0 to 60 minutes.
- **SPEED +/-:** Increases or decreases the exercise speed. There are 15 adjustable speed levels.
- **DATA:** Cycles through displayed metrics such as speed, distance, time, and calories burned.
- **ON/OFF:** Starts or stops the workout and powers the unit on/off.

6.3. Using the Remote Control

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

- Ensure the remote control is pointed directly at the elliptical's display panel within a range of approximately 6.5 feet (2 meters) for optimal response.
- The remote control buttons correspond to the touch buttons on the unit (ON/OFF, DIRECTION, TIME, SPEED+/-, DATA).
- If the remote control is unresponsive, check the battery. Replace if necessary.

6.4. Starting Your Workout

1. Sit comfortably in a chair with your feet placed on the elliptical pedals. If desired, secure your feet with the detachable pedal straps.
2. Press the **ON/OFF** button to start the elliptical.
3. Use the **SPEED +/-** buttons to select your desired speed level (1-15). Start with a lower speed and gradually increase as you become comfortable.
4. Adjust the workout duration using the **TIME** button.
5. Press the **DIRECTION** button to switch between forward and reverse motion. Forward motion primarily targets thighs, glutes, and calves, while reverse motion focuses on hamstrings, knees, and ankles.
6. Monitor your progress on the LCD display by pressing the **DATA** button to cycle through speed, distance, time, and calories.
7. To end your workout, press the **ON/OFF** button.

7. MAINTENANCE

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

- **Cleaning:** Wipe down the unit with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure no moisture enters the display or motor housing.
- **Storage:** Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures. Use the portable handle for easy relocation.
- **Inspection:** Periodically check all components for signs of wear or damage. If any issues are found, discontinue use and contact customer support.

8. TROUBLESHOOTING

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

Common Issues and Solutions

Problem	Possible Cause	Solution
Unit does not power on.	Not plugged in; power outlet issue; power cord damage.	Ensure power cord is securely plugged into both the unit and a working outlet. Try a different outlet. Inspect power cord for damage.
Remote control is unresponsive.	Remote battery low/dead; remote not pointed correctly; obstruction.	Replace the remote control battery. Ensure remote is pointed at the display panel within 6.5 feet. Remove any obstructions.

Problem	Possible Cause	Solution
Unusual noise during operation.	Loose component; foreign object; unit not on a flat surface.	Check for any loose parts. Ensure the unit is on a flat, stable surface. If noise persists, discontinue use and contact support.
Pedals are not moving smoothly.	Obstruction; unit needs cleaning.	Check for any obstructions around the pedals. Clean the unit thoroughly.

If the problem persists or you encounter an issue not listed here, please contact FOUSAE customer support for assistance.

9. SPECIFICATIONS

FOUSAE Under Desk Elliptical MC82A Specifications

Feature	Detail
Model Name	MC82A
Brand	FOUSAE
Product Dimensions (D x W x H)	16.5" x 15.3" x 9.3"
Material	Alloy Steel
Resistance Mechanism	Manual (Motorized assistance for movement)
Maximum Weight Recommendation	350 Pounds
Item Weight	14 Pounds
Number of Resistance Levels	15 (Adjustable Speed Levels)
Motor Power	60W
Noise Level	<15 dB
UPC	795973242792

10. WARRANTY AND CUSTOMER SUPPORT

Warranty: The FOUSAE Under Desk Elliptical MC82A comes with a 12-month (1 Year) manufacturer's warranty from the date of purchase. This warranty covers defects in materials and workmanship under normal use.

Customer Support: For any questions, concerns, or warranty claims, please contact FOUSAE customer support. Our dedicated team provides 24/7 support to ensure the best experience for our customers. Please have your model number (MC82A) and purchase information ready when contacting support.