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Klwenas Maec FJGJBCVR

Klwenas Maec Under Desk Elliptical Machine User Manual

Model: FJGJBCVR

1. Introduction

Thank you for choosing the Klwenas Maec Under Desk Elliptical Machine. This compact and portable exercise device is designed to provide a low-impact workout experience while seated, suitable for home, office, or rehabilitation use. Please read this manual thoroughly before operation to ensure safe and effective use.

Image: The Klwenas Maec Under Desk Elliptical Machine is shown being easily carried, emphasizing its lightweight and portable nature. It features a black and orange design with a central control panel.

2. Important Safety Instructions

- **For Seated Use Only:** This equipment is designed exclusively for seated use. **Do not stand on the machine.**
- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Place the machine on a flat, stable surface to prevent tipping.
- Keep children and pets away from the machine during operation.
- Ensure the power cord is not pinched or damaged.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Maximum user weight: 330 pounds (150 kg).

3. Package Contents

Carefully unpack the box and ensure all items are present:

- Klwenas Maec Under-Desk Elliptical Machine
- Remote Control
- Power Cord
- User Manual (this document)

4. Setup

1. **Placement:** Choose a flat, stable surface under your desk or in front of your chair. Ensure there is enough space for comfortable leg movement.
2. **Power Connection:** Insert the power cord into the machine's power port and then plug it into a standard electrical outlet.
3. **Remote Control:** Ensure the remote control has working batteries (if applicable, check battery compartment for type).

5. Operating Instructions

The elliptical machine can be operated using the integrated control panel or the remote control.

Control Panel and Remote Functions

Image: A detailed view of the elliptical's control panel, showing the LED display and various buttons for direction, mode, start/stop, adjust, and function. The remote control is also visible, mirroring these functions.

- **LED Display:** Shows real-time data including Time, Distance, Speed, Count, and Calories burned.
- **DIRECTION Button:** Toggles between forward and backward pedal movement.
- **MODE Button:** Switches between Manual mode and Auto modes (P1-P3).
- **START/STOP Button:** Initiates or pauses the exercise.
- **ADJUST Buttons (+/-):** Increases or decreases speed/time settings in Manual mode.
- **FUNCTION Button:** Cycles through the display metrics (Time, Distance, Speed, Count, Calories).

Starting Your Workout

1. Sit comfortably in your chair with your feet placed securely on the pedals.
2. Press the **START/STOP** button to begin. The machine will start in its default mode.
3. Use the **MODE** button to select your desired workout program (Manual or Auto).
4. Adjust speed using the **ADJUST (+/-)** buttons in Manual mode.
5. Change pedal direction with the **DIRECTION** button as desired.
6. To end your workout, press the **START/STOP** button.

Bidirectional Movement

Image: Two illustrations demonstrate the elliptical's ability to move pedals both forward and backward, allowing for varied muscle engagement during exercise.

The machine supports both forward and backward pedaling. This allows you to target different muscle groups in your legs and provides a more comprehensive workout. Use the **DIRECTION** button to switch between these movements.

6. Workout Modes

Manual Mode

Image: The elliptical's LED display showing "HA" for Manual Mode, indicating user control over speed, and "P12" for Auto Mode, representing a programmed workout.

In Manual mode, you have full control over the speed. There are 12 adjustable speed levels. Use the **ADJUST (+/-)** buttons to increase or decrease the speed to your preference.

Auto Modes (P1-P3)

The Auto modes provide pre-programmed workout routines that automatically adjust speed and direction for a varied exercise experience. Select from P1, P2, or P3 using the **MODE** button.

7. Maintenance

- **Cleaning:** Wipe the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** When not in use, store the machine in a cool, dry place. Its compact design allows for easy storage under desks or in closets.
- **Inspection:** Periodically check all parts for wear or damage. If any issues are found, discontinue use and contact customer support.

8. Troubleshooting

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; outlet not working.	Check power cord connection; try a different outlet.
Remote control not working.	Batteries are dead or incorrectly inserted; remote not synced.	Replace batteries; ensure correct polarity; ensure remote is pointed at the machine's sensor.
Pedals are not moving smoothly.	Obstruction; machine on uneven surface.	Check for any obstructions; ensure machine is on a flat surface.

9. Specifications

Image: A visual representation of the elliptical machine with key dimensions labeled: 16.9" length, 15.6" width, 8.7" height, and pedal dimensions. Weight capacity is also indicated.

Model Number	FJGJBCVR
Brand	Klwenas Maec
Color	Black
Product Dimensions (L x W x H)	16.93"D x 15.55"W x 8.66"H
Material	Acrylonitrile Butadiene Styrene (ABS), Metal
Resistance Mechanism	Magnetic

Number of Resistance Levels	12 (speed levels)
Maximum Weight Recommendation	330 lbs (150 kg)

10. Product Overview Video

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Video: A comprehensive overview of the Klwenas Maec Under Desk Elliptical Machine, demonstrating its features, operation, and compact design. This video highlights its suitability for seniors and office use.

11. Quick Look Video

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Video: A brief demonstration of the Klwenas Maec Under Desk Elliptical Machine in use, showcasing its quiet operation and ease of use in various settings.

12. Warranty and Support

This Klwenas Maec product comes with a**1-month warranty** from the date of purchase. This warranty covers manufacturing defects under normal use.
For warranty claims, technical support, or any questions regarding your product, please contact Klwenas Maec customer service through the retailer's platform or the official brand website.
Please retain your proof of purchase for warranty purposes.

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