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VIVURN 019

# VIVURN Under Desk Elliptical Leg Exerciser User Manual

MODEL: 019

## 1. Introduction

Thank you for choosing the VIVURN Under Desk Elliptical Leg Exerciser. This device is designed to provide a low-impact exercise experience while you are seated, promoting circulation and muscle activity without disrupting your work or relaxation. Its compact design and quiet operation make it ideal for use in various environments, including home and office settings.



Image: The VIVURN Under Desk Elliptical in use by individuals in a wheelchair and at a desk, highlighting its versatility for seated exercise.

## 2. Safety Information

- **Do Not Stand:** This elliptical is designed for seated use only. Do not stand on the pedals or the machine.
- **Stable Surface:** Always place the elliptical on a flat, stable surface. Use the provided non-slip mat to prevent movement during operation.
- **Power Connection:** Ensure the power cord is securely connected and not damaged. Do not operate the machine with a damaged cord.

- **Clearance:** Maintain adequate clearance around the machine to avoid obstruction during use.
- **Children and Pets:** Keep children and pets away from the machine during operation.
- **Medical Conditions:** Consult a physician before using this product if you have any pre-existing medical conditions or concerns.



Image: The elliptical operating quietly, allowing for undisturbed activities like reading, emphasizing its low noise level.

### 3. Package Contents

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Upon unpacking, please ensure all the following items are present:

- VIVURN Under Desk Elliptical Machine
- Power Cord
- Remote Control
- Non-slip Mat
- User Manual (this document)

### 4. Setup

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The VIVURN Under Desk Elliptical is designed for immediate use with no assembly required. Follow these simple steps to begin your exercise:

1. **Placement:** Choose a flat, stable surface under your desk or near your seating area.
2. **Non-Slip Mat:** Place the provided non-slip mat on the floor where the elliptical will sit. This prevents the machine from sliding during use.
3. **Position the Elliptical:** Carefully place the elliptical machine on the non-slip mat.
4. **Connect Power:** Plug the power cord into the elliptical's power port, located at the back of the machine, and then into a standard electrical outlet.
5. **Power On:** Flip the main power switch on the back of the machine to the 'ON' position. The display will illuminate.



Image: The non-slip mat positioned under the elliptical, demonstrating its role in securing the device during use.

## 5. Operating Instructions

The VIVURN elliptical offers various modes and settings for a customized exercise experience. You can control the machine using the buttons on the main unit or the included RF remote control.

### 5.1 Control Panel and Remote Control

The control panel features a digital display and several buttons:

- **START/STOP:** Initiates or pauses the pedaling motion.
- **MODE:** Cycles through the different exercise modes (HR, P1, P2, P3).
- **SPEED +/-:** Adjusts the speed in HR Mode.
- **DIRECTION:** Changes the pedaling direction (forward/reverse) in HR Mode.
- **FUNCTION:** Cycles through display metrics (Scan, Time, Distance, Speed, Counter, Calorie).

The RF remote control provides convenient access to all functions from any angle, eliminating the need to point directly at the machine.



Image: The RF remote control for the elliptical, highlighting its ability to operate without direct line-of-sight.

### 5.2 Exercise Modes

- **HR Mode (Manual):** Offers 12 adjustable speed levels and allows you to manually select forward or reverse pedaling direction. Use the SPEED +/- and DIRECTION buttons to customize your workout.
- **Auto Modes (P1, P2, P3):** These are pre-set programs with varying speeds and directions, designed

for a 30-minute cycle. Select P1 (Gentle), P2 (Walk), or P3 (Fast Walk) using the MODE button. These modes are unadjustable during operation.

- **No Power Mode:** You can use the elliptical without electrical power. Simply disconnect the power cord and pedal manually. This mode allows for self-paced exercise.



Image: Visual representation of the 12 adjustable speed levels and direction control available in Manual Mode.

Image: The three Auto Modes (P1, P2, P3) are displayed, each with a unique speed and direction pattern for varied workouts.



Image: The elliptical being used in No Power Mode, allowing for manual pedaling without electrical assistance.

### 5.3 Digital Display

The easy-to-read HD LCD screen provides real-time feedback on your exercise:

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



Image: A detailed view of the HD LCD screen, indicating Time, Distance, Speed, Counter, and Calorie metrics.

#### 5.4 Official Product Video

Your browser does not support the video tag.

Video: An official product video from VIVURN Store demonstrating the features and usage of the VIVURN 019 Under Desk Elliptical for seated leg exercise.

## 6. Maintenance

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To ensure the longevity and optimal performance of your VIVURN Under Desk Elliptical, follow these simple maintenance guidelines:

- **Cleaning:** Wipe the machine regularly with a soft, damp cloth. Avoid using abrasive cleaners or solvents.
- **Storage:** When not in use, store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size and built-in handle make it easy to move and store.
- **Inspection:** Periodically check all parts for any signs of wear or damage. If any issues are found, discontinue use and contact customer support.

# PORTABLE & COMPACT



Easy to carry



No installation



Space Saving



Calorie-Burner



Low Impact  
Exercise



Image: The elliptical's compact dimensions and integrated handle, illustrating its ease of portability and storage.

## 7. Troubleshooting

If you encounter any issues with your VIVURN Under Desk Elliptical, please refer to the following common troubleshooting tips:

- **Machine Not Turning On:** Ensure the power cord is securely plugged into both the machine and the electrical outlet. Check that the main power switch on the back of the unit is in the 'ON' position.
- **Remote Control Not Working:** Verify that the remote control has working batteries. Ensure there are no obstructions between the remote and the machine.
- **Pedals Not Moving Smoothly:** Check for any obstructions around the pedals. Ensure the machine is on a flat, stable surface.

- **Unusual Noise:** If you hear any unusual noises, stop using the machine immediately and inspect it for any loose parts or damage.

For persistent issues, please contact VIVURN customer support.

## 8. Specifications

Feature	Specification
Model Name	019
Brand	VIVURN
Product Dimensions (LxWxH)	15.35"D x 14.17"W x 8.27"H
Item Weight	10.8 Pounds
Material	Alloy Steel, Plastic
Maximum Weight Recommendation	300 Pounds
Maximum Stride Length	18 Inches
Included Components	Machine, Power Cord, Remote, Non-slip Mat, User Manual

## 9. Warranty and Support

The VIVURN Under Desk Elliptical comes with a **1-Year Warranty** from the date of purchase, covering manufacturing defects. For warranty claims, technical support, or any questions regarding your product, please contact the VIVURN Store directly through your purchase platform or their official website.

For additional information or assistance, please visit the [VIVURN Store on Amazon](#).