CURSOR FITNESS C1

CURSOR FITNESS C1 Under Desk Elliptical Machine User Manual

Model: C1

1. Important Safety Information

Please read all instructions carefully before using the CURSOR FITNESS C1 Under Desk Elliptical Machine. Retain this manual for future reference.

- **Medical Considerations:** It is advised not to use this elliptical machine if you have a pacemaker. Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- **Placement:** Ensure the machine is placed on a stable, flat surface during use.
- **Clearance:** Maintain adequate clear space around the machine to prevent obstructions during operation.
- **Power:** Use only the provided power cord. Disconnect from power when not in use or before cleaning.
- **Children and Pets:** Keep children and pets away from the machine during operation.
- **Weight Limit:** Do not exceed the maximum weight recommendation of 300 pounds.

2. Package Contents

Verify that all components are present in the package:

- Power Cord x1
- User Manual x1
- Remote Control x1
- Screwdriver x1
- Screw x4

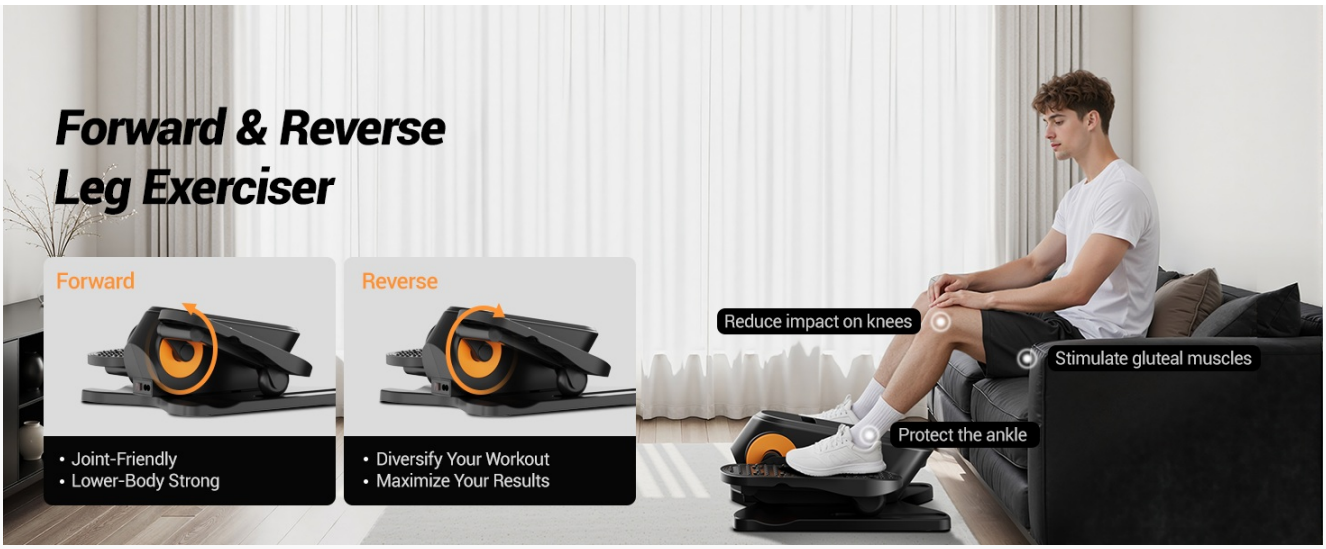


Image: Packaging Including - All items provided with the CURSOR FITNESS C1 elliptical machine.

3. Product Overview

The CURSOR FITNESS C1 is a compact, electric under-desk elliptical machine designed for low-impact exercise. It features adjustable speeds, automatic and manual modes, and a remote control for convenient operation.

3.1 Key Features

- **Compact Design:** Fits easily under most desks, ideal for home or office use.
- **Auto & HR Modes:** Offers both programmed automatic workouts and a manual mode for customized settings.
- **Adjustable Speeds:** 12 speed levels to suit various fitness needs.
- **Forward & Reverse Motion:** Allows for targeting different muscle groups and diversifying your workout.
- **Quiet Operation:** Advanced silent rollers ensure a low-noise exercise experience (less than 15 decibels).
- **Large LCD Screen:** Displays time, speed, and calories burned.
- **Remote Control:** Adjust settings without bending or interrupting your exercise.



Image: CURSOR FITNESS C1 Under Desk Elliptical Machine with Remote Control.



Image: Workout Anytime and Anywhere - Demonstrating versatile usage scenarios.

4. Setup

The CURSOR FITNESS C1 elliptical machine requires minimal setup. Follow these steps:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the elliptical machine on a flat, stable surface where you intend to use it. Ensure there is enough space for comfortable leg movement.
3. **Power Connection:** Connect the power cord to the machine and then plug it into a standard electrical outlet.
4. **Remote Control:** Insert batteries into the remote control (if not pre-installed).

5. Operating Instructions

Familiarize yourself with the control panel and remote control functions for optimal use.

5.1 Control Panel and Remote Functions



Image: Large and Easy to Read LCD Display - Illustrates the main control panel and its functions.

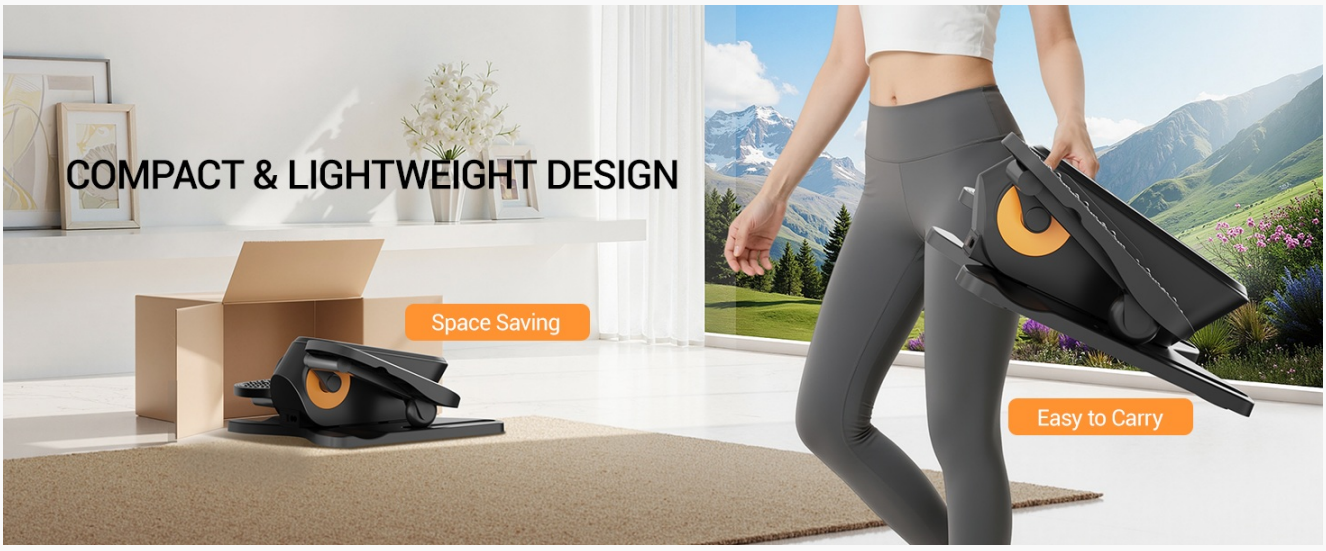


Image: Main Button Introduction - Detailed view of control buttons.

- **POWER Button:** Press to turn the machine on/off.

- **MODE Button:** Switch between HR (Manual) Mode and AUTO Mode (P1-P12).
- **FUNCTION Button:** Cycle through display parameters (Scan, Speed, Time, Counter, Distance, Calories).
- **DIRECTION Button:** Change the direction of pedal rotation (forward/reverse).
- **+/- Buttons:** Adjust speed levels (1-12) or time (1-30 minutes) depending on the selected mode.

5.2 HR (Manual) Mode

In HR Mode, you have full control over your workout settings.

- **Time Adjustment:** Set your desired workout duration from 1 to 30 minutes using the +/- buttons.
- **Speed Adjustment:** Choose from 12 adjustable speed levels using the +/- buttons.
- **Direction Control:** Manually switch between forward and reverse motion using the DIRECTION button.

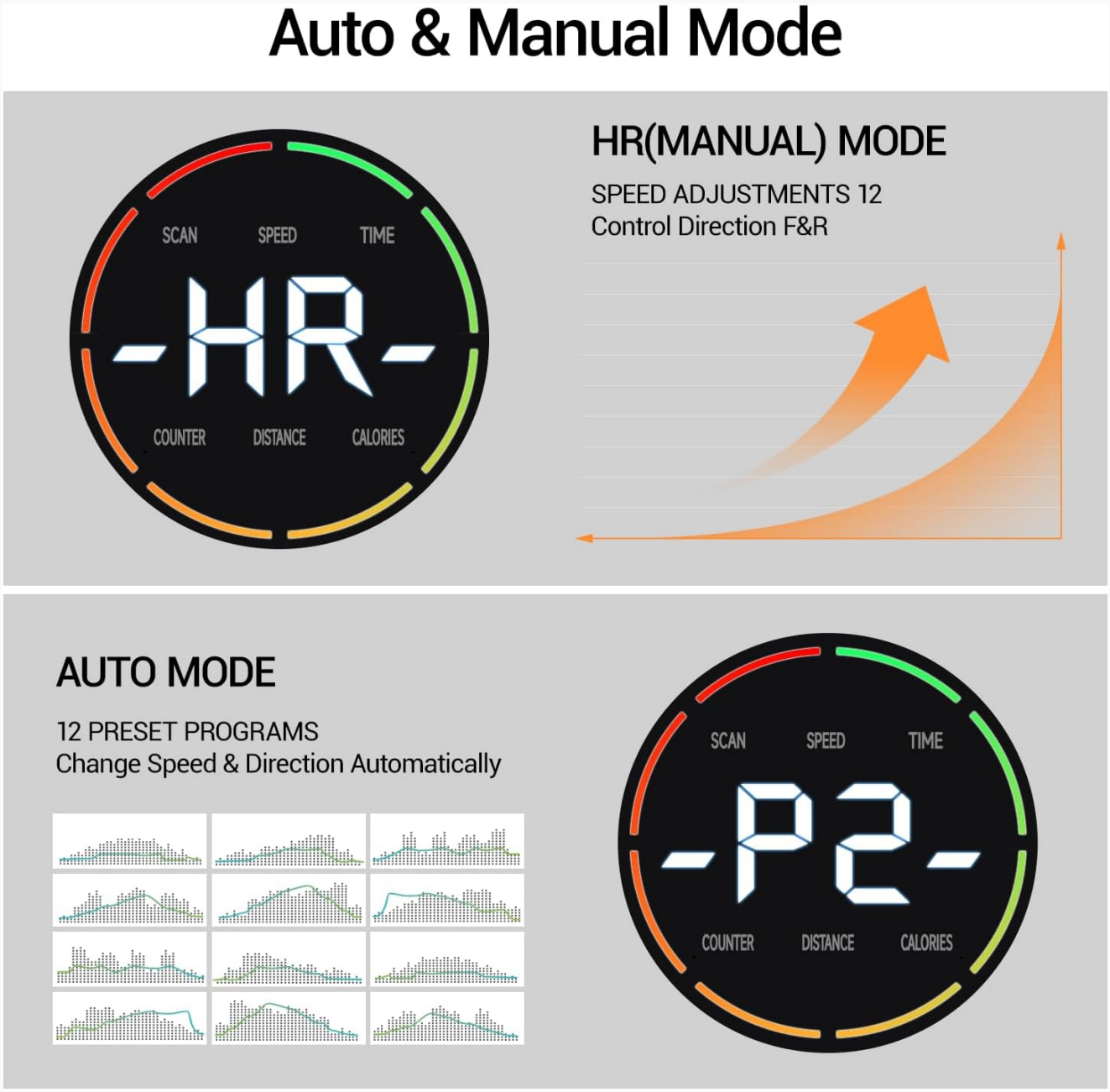


Image: Auto & Manual Mode - Explaining the two main operating modes.

5.3 AUTO Mode (P1-P12)

AUTO Mode offers pre-programmed workouts for varied exercise routines.

- **Preset Programs:** Select from 12 preset programs (P1-P12).

- **Automatic Changes:** In AUTO Mode, the system automatically changes speed every minute and direction every three minutes for a dynamic workout.

5.4 Mute Function

To enable or disable the sound feedback:

1. **Turn Off Screen:** Long press the Power Button to turn off the screen.
2. **Press Direction Key:** While the screen is off, press and hold the Direction Key for 1.5 seconds.
3. **Confirmation:** You will hear two "beep" sounds to confirm that the sound is now muted. To turn the sound back on, repeat the steps; you will hear one "beep" sound.



Image: Mute Sound / Normal Sound - Step-by-step guide for sound settings.

5.5 Visual Demonstration

Video: Demonstration of the CURSOR FITNESS C1 elliptical machine in operation, showcasing various speed settings and smooth pedal movement.

Video: How to adjust the mute setting on the CURSOR FITNESS C1 elliptical machine's control panel.

Video: Guide to adjusting time, speed, and mode (HR/Auto) using the remote control for the CURSOR FITNESS C1 elliptical machine.

6. Maintenance

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

- **Cleaning:** Wipe down the machine with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and moisture. Its compact size allows for easy storage in tight spaces.
- **Inspection:** Periodically check all screws and connections to ensure they are secure.



Image: Maximize Your Space, Easy to Storage - Demonstrating the machine's compact and portable nature.

7. Troubleshooting

If you encounter any issues with your CURSOR FITNESS C1 elliptical machine, refer to the following common problems and solutions:

- **Machine Not Turning On:**
  - Ensure the power cord is securely plugged into both the machine and a working electrical outlet.
  - Check if the power button has been pressed firmly.
- **Pedals Not Moving Smoothly:**
  - Verify that no objects are obstructing the pedal mechanism.
  - Ensure the machine is on a level surface.
- **Remote Control Not Responding:**
  - Check and replace the batteries in the remote control if necessary.

- Ensure there are no obstructions between the remote and the machine's sensor.

- **Unusual Noises:**
  - Stop using the machine immediately.
  - Inspect for any loose parts or foreign objects. If the noise persists, contact customer support.

8. Specifications

Feature	Detail
Brand	CURSOR FITNESS
Model Name	C1
UPC	850069633684
Material	Aluminum
Color	Orange
Product Dimensions (LxWxH)	14.33"D x 13.5"W x 6.14"H
Item Package Dimensions (LxWxH)	14.37 x 12.83 x 7.32 inches
Package Weight	4.74 Kilograms
Maximum Weight Recommendation	300 Pounds
Maximum Stride Length	10 Inches
Adjustable Speeds	1-12 Levels
Time Adjustment	1-30 Minutes
Included Components	Remote Control, User Manual

9. Warranty and Support

The CURSOR FITNESS C1 Under Desk Elliptical Machine comes with a**1-Year Warranty**.

For product support, warranty claims, or additional information, please visit the official CURSOR FITNESS store or contact their customer service.

CURSOR FITNESS Store: Visit Store

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Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question