

ANCHEER AMA006015

ANCHEER Under Desk Elliptical Electric Leg Exerciser Instruction Manual

Brand: ANCHEER | Model: AMA006015

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your ANCHEER Under Desk Elliptical Electric Leg Exerciser. This device is designed to provide low-impact exercise while seated, promoting circulation and joint flexibility, particularly suitable for seniors or individuals seeking a convenient way to stay active.

Please read this manual thoroughly before operating the device and retain it for future reference.

2. SAFETY INFORMATION

WARNING: To prevent serious injury, adhere to the following safety guidelines:

- **DO NOT USE WHILE STANDING.** This device is designed exclusively for seated use.
- Standing on the unit may cause serious injury.
- Ensure the device is placed on a stable, level surface before use.
- Keep children and pets away from the device during operation.
- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Do not use the device if it is damaged or malfunctioning.
- Keep hands and feet clear of moving parts.



⚠ WARNING

- DO NOT USE WHILE STANDING.
- USE ONLY WHEN SITTING.
- STANDING ON THE UNIT MAY
- CAUSE SERIOUS INJURY.
- NO STANDING

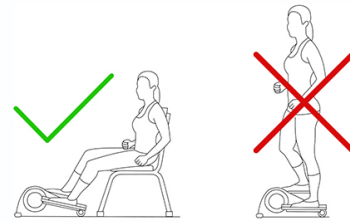


Image Description: A warning graphic illustrating the correct seated posture for using the elliptical and an incorrect standing posture, emphasizing that standing on the device is prohibited due to risk of injury.

3. PRODUCT FEATURES

- **Quiet and Stable Operation:** Equipped with an enhanced flywheel for smooth, low-noise performance (below 15dB).
- **Real-Time Workout Tracking:** Integrated high-definition display shows time, distance, speed, calories burned, and total laps.
- **Dual-Mode Exercise:** Offers both Auto Mode (P1-P12 pre-set programs) and Manual Mode (1-12 adjustable speed levels and pedal direction).
- **Low-Impact Design:** Reduces strain on joints, suitable for daily workouts or rehabilitation.
- **Compact and Portable:** Measures approximately 17 x 15 x 9 inches and weighs 12 lbs, featuring a hidden handle for easy transport.
- **Fully Assembled:** Ready to use directly out of the box.
- **Remote Control:** Allows for convenient adjustment of settings without bending over.
- **Enhanced Non-Slip Pedals:** Provides stable footing during use.

ENHANCED MAGNETO BIG FLYWHEEL & MAGNETO QUIET DESIGN

- Uniform flywheel resistance
- Stable and smooth motion
- Quiet operation



Image Description: An internal view diagram of the ANCHEER elliptical, highlighting the enhanced magneto flywheel and quiet design, indicating operation below 15dB.



CLEARLY AND CONCISELY **DISPLAY** REAL-TIME WORKOUT DATA

Instantly check time, distance, speed, calories burned, and total strides to stay informed and motivated

Image Description: A close-up of the elliptical's digital display, showing icons for time, distance, speed, calories, counter, calorie burn, and total strides, indicating real-time workout data tracking.



ENHANCED NON-SLIP PEDALS

Safer to use and provides more stable footing

Image Description: A detailed view of the elliptical's enhanced non-slip pedals, designed to provide stable footing during exercise.

HIDDEN HANDLE



REMOTE HOLDER



Image Description: Two images illustrating the design features: one showing a hand utilizing the hidden handle for portability, and another showing the remote control conveniently stored in its dedicated holder on the device.

4. SETUP

The ANCHEER Under Desk Elliptical is designed for immediate use as it comes **100% pre-assembled**. No assembly is required.

1. **Placement:** Position the elliptical on 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:** Plug the power adapter into the elliptical and then into a standard electrical outlet.
3. **Remote Control:** Ensure batteries are inserted into the remote control.

100%
PRE-ASSEMBLED

Ready to use right out of the box
for quick enjoyment.



Image Description: The ANCHEER elliptical is shown next to its open packaging, with text highlighting that it is 100% pre-assembled and ready for immediate use.

5. OPERATING INSTRUCTIONS

The elliptical can be operated using the control panel on the device or the included remote control.

5.1 Power On/Off

- Press the **POWER** button on the control panel or remote to turn the device on or off.

5.2 Auto Mode (P1-P12)

- In Auto Mode, the elliptical cycles through pre-set speed levels and pedal directions.

- Press the **MODE** button on the control panel or remote to select from P1 to P12 programs.
- The device will automatically stop after 30 minutes of continuous operation in Auto Mode.

5.3 Manual Mode

- In Manual Mode, you can manually adjust the speed and pedal direction.
- Use the **SPEED UP** (▲) and **SPEED DOWN** (▼) buttons on the control panel or remote to select from 1 to 12 speed levels.
- Use the **DIRECTION** button to change the pedal rotation direction (forward or reverse).

5.4 Display Functions

- The display shows real-time workout data: Time, Distance, Speed, Calories Burned, and Total Laps.
- Press the **SCAN** button to cycle through the displayed metrics.



Image Description: A composite image detailing the elliptical's operational modes. It shows the control panel for Manual Mode (12 speed levels, adjustable direction) and Auto Mode (P1-P12 programs), along with the remote control and a person's feet on the pedals during use.



REMOTE CONTROL OPERATION

No need to frequently touch the equipment for adjustments, avoiding bending or reaching during exercise. This makes operation more convenient and usage safer



Image Description: The ANCHEER elliptical is shown with its remote control, illustrating the convenience of remote operation for adjusting settings without needing to bend down.

6. MAINTENANCE

- **Cleaning:** Wipe the device with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check for any loose parts, unusual noises, or signs of wear. If any issues are found, discontinue use and contact customer support.
- **Power Cord:** Ensure the power cord is not pinched or damaged.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Power cord not properly connected. No power from outlet.	Ensure power cord is securely plugged into the device and a working electrical outlet. Test the outlet with another device.
Pedals are not moving smoothly.	Obstruction. Internal issue.	Check for any foreign objects obstructing the pedals. If the issue persists, contact customer support.
Display is not working.	Loose connection. Device not powered on.	Ensure the device is powered on. If the display remains blank, contact customer support.
Remote control is not working.	Dead batteries. Obstruction between remote and device.	Replace remote control batteries. Ensure a clear line of sight between the remote and the device's sensor.

8. SPECIFICATIONS

Feature	Detail
Model Name	AMA006015
Brand	ANCHEER

Feature	Detail
Product Dimensions (LxWxH)	17"D x 14"W x 8"H
Material	Metal, Plastic
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	300 Pounds
Number of Resistance Levels	12
Included Components	Under Desk Elliptical, Remote Control, Power Adapter

9. WARRANTY AND SUPPORT

9.1 Warranty Information

The ANCHEER Under Desk Elliptical Electric Leg Exerciser comes with a **One-Year Limited Warranty** from the date of purchase. This warranty covers manufacturing defects and workmanship under normal use. Please retain your proof of purchase for warranty claims.

The warranty does not cover damage caused by misuse, accident, unauthorized modification, or failure to follow the instructions in this manual.

9.2 Customer Support

For any questions, concerns, or technical assistance, our 24/7 customer support team is available to help. Please refer to the contact information provided with your product packaging or visit the official ANCHEER website for support details.

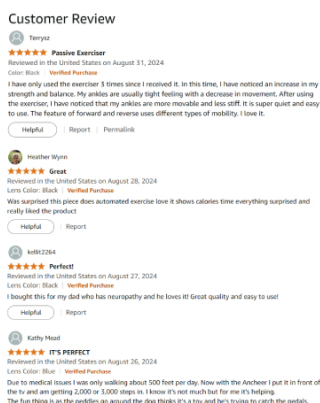


Image Description: A professional customer service representative wearing a headset and smiling, symbolizing available support.