

Neezee AB2503003

Neezee Elliptical Trainer Model AB2503003 User Manual

Comprehensive instructions for safe and effective use.

1. INTRODUCTION

This manual provides essential information for the assembly, operation, and maintenance of your Neezee Elliptical Trainer Model AB2503003. Please read it thoroughly before initial use to ensure safe and efficient operation of the equipment. This elliptical trainer is designed for home use, offering a full-body aerobic workout with minimal impact on joints.

2. SAFETY INFORMATION

Before starting any exercise program, consult your physician. Stop exercising immediately if you feel faint, dizzy, or experience pain. Always follow these safety precautions:

- Ensure all bolts and nuts are securely tightened before each use.
- Place the elliptical trainer on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.
- The maximum user weight capacity is 150 kg (330 lbs).
- Maintain a clear area of at least 0.6 meters (2 feet) around the elliptical trainer.
- Do not attempt to adjust or repair the equipment yourself. Contact customer support if issues arise.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly. The package should contain:

- Elliptical Trainer main frame and components
- Instrument installation kit (tools and fasteners)
- User Manual (UK/DE/IT/FR/ES)

If any parts are missing or damaged, please contact Neezee customer service immediately.

4. ASSEMBLY AND SETUP

Assembly typically requires two people. Follow the step-by-step instructions provided in the included installation manual. Ensure all connections are secure before use.

Your browser does not support the video tag.

Video: Detailed assembly guide for the Neezee Elliptical Trainer. This video demonstrates the step-by-step process of putting together the elliptical, ensuring all parts are correctly installed and secured for safe operation.

Moving and Storage

The elliptical trainer is equipped with silent transport wheels for easy relocation. To move the unit, lift the rear stabilizer slightly and roll it using the front wheels. Store in a dry, level area.



Image: A person demonstrating how to easily move the Neezee Elliptical Trainer using its integrated transport wheels. The image highlights the wheels at the front base of the machine, designed for convenient relocation and storage.

5. OPERATING INSTRUCTIONS

Resistance Adjustment

Your Neezee Elliptical Trainer features 16 levels of magnetic resistance. Rotate the tension control knob located on the central column to increase or decrease the resistance. Turn clockwise for higher resistance (HLGH) and counter-clockwise for lower resistance (LOW).

- **Levels 1-4:** Warm-up and light exercise.
- **Levels 5-8:** Aerobic fat burning.
- **Levels 9-12:** Targeted body shaping and muscle toning.
- **Levels 13-16:** High-intensity challenges for endurance improvement.

Passez à la haute résistance – 16 niveaux



**Niveaux 1 à 4**
Échauffement

**Niveaux 5 à 8**
Entraînement
aérobie

**Niveaux 9 à 12**
Brûlure des graisses
et modelage du corps

**Niveaux 13 à 16**
Entraînement d'endurance

Image: A close-up of the resistance adjustment knob on the Neezee Elliptical Trainer, showing the "LOW" to "HLGH" settings and numerical indicators from 1 to 16. Accompanying graphics illustrate the recommended exercise intensity for each resistance range.

LCD Console Usage

The multi-function LCD display provides real-time workout data. It tracks time, distance, calories burned, heart rate (via

integrated pulse sensors on the inner handlebars), and current resistance level. Use the buttons below the display to navigate through different metrics or reset your workout data.



Image: The Neezee Elliptical Trainer's LCD console displaying various workout metrics such as time, calories, distance, and pulse. The image also shows the integrated tablet/phone holder above the console, allowing users to view media during their workout.

Workout Guidance

The elliptical trainer features a dual-handle design. The outer, larger handlebars are for full-body workouts, engaging both upper and lower body muscles. The inner, smaller handlebars include pulse sensors and allow for a more focused lower-body workout. The ergonomic design with a 42 cm stride length minimizes knee pressure.

Vélo elliptique 3 en 1 avec double guidon



Le vélo elliptique est un appareil d'aérobic à faible impact. Comparé à la course à pied et à la corde à sauter, il réduit considérablement la pression sur les genoux, ce qui en fait un appareil idéal pour s'entraîner en famille.



Entraîne efficacement des groupes musculaires **90%**



Abdominaux



Jambes



Dos



Bras



Pectoraux



Fessiers



Image: An illustration of a user exercising on the Neezee Elliptical Trainer, highlighting the dual handlebar system and the various muscle groups (abs, legs, back, arms, pectorals, glutes) engaged during a workout. It also compares the impact of elliptical training to running and jumping rope.

Hydration

A convenient cup holder is integrated into the design, allowing you to keep water or other beverages within reach during your workout.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your elliptical trainer.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.

- **Lubrication:** Moving joints may require occasional lubrication. Refer to the detailed installation manual for specific lubrication points and recommended lubricants.
- **Storage:** Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Squeaking or grinding noise	Loose bolts, lack of lubrication, worn parts.	Check and tighten all bolts. Lubricate moving joints as per manual. If noise persists, contact support.
Resistance not changing	Resistance cable dislodged or damaged.	Inspect the resistance cable connection. Contact support if damaged.
LCD display not working	Batteries dead or incorrectly installed, loose cable connection.	Replace batteries. Check cable connections to the console.
Unstable during use	Uneven floor, loose stabilizers.	Ensure the elliptical is on a level surface. Adjust the floor stabilizers at the base of the unit.

For issues not listed here, please contact Neezee customer support.

8. SPECIFICATIONS

Detailed technical specifications for the Neezee Elliptical Trainer Model AB2503003:

- **Model Name:** AB2503003
- **Brand:** Neezee
- **Color:** Advanced Black
- **Material:** Alloy Steel
- **Resistance Mechanism:** Magnetic
- **Number of Resistance Levels:** 16
- **Flywheel Weight:** 8 kg
- **Maximum Stride Length:** 42 cm
- **Maximum User Weight:** 150 kg
- **Product Dimensions (L x W x H):** 100 x 54 x 162 cm
- **Operating Noise Level:** <20 dB
- **Display:** LCD (Time, Distance, Calories, Heart Rate, Resistance)
- **Additional Features:** Dual handlebars, Tablet/Phone holder, Cup holder, Transport wheels, Adjustable floor stabilizers.



Dimensions du produit

Ce produit est livré en deux colis, dont la livraison peut être différente.

Dimensions du produit:	162 * 54 * 100cm
Capacité de charge:	150 kg
Poids du volant d'inertie:	8KG
Niveaux de résistance:	16 niveaux réglables
Conception ergonomique:	Double guidon
Distance de marche:	42 cm

Image: A visual representation of the Neezee Elliptical Trainer with its key dimensions (height, length, width) and specifications such as load capacity, flywheel weight, resistance levels, and stride length clearly labeled.

9. WARRANTY AND SUPPORT

Neezee is committed to providing high-quality products and excellent customer service. If you have any questions, concerns, or require assistance with your elliptical trainer, please do not hesitate to contact our professional R&D and after-sales service team. All inquiries receive a prompt response within 12 hours.

For support, please refer to the contact information provided with your purchase documentation or visit the official Neezee website.

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

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

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