

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [ANCHEER](#) /

› [ANCHEER Elliptical Machine AMA006039 User Manual](#)

## ANCHEER AMA006039

# ANCHEER Elliptical Machine AMA006039 User Manual

Comprehensive instructions for setup, operation, and maintenance of your ANCHEER Elliptical Exercise Machine.

## 1. INTRODUCTION

Thank you for choosing the ANCHEER Elliptical Machine, model AMA006039. This manual provides essential information for the safe assembly, operation, and maintenance of your elliptical trainer. Please read it thoroughly before initial use and retain it for future reference.

The ANCHEER Elliptical Machine is designed for home use, offering a low-impact cardiovascular workout. It features an ultra-quiet magnetic resistance system, a digital monitor to track your progress, and 14 adjustable resistance levels to suit various fitness needs.



Image: The ANCHEER Elliptical Machine highlighting its 15-inch stride for natural movement.

## 2. IMPORTANT SAFETY INFORMATION

Before using this equipment, please consult your physician. It is essential to understand all safety warnings and instructions. Improper use can result in serious injury.

- Always place the elliptical machine on a flat, stable surface.
- Ensure adequate clear space around the machine (at least 2 feet on all sides).
- Keep children and pets away from the machine during operation.
- The maximum user weight capacity is 400 pounds. Do not exceed this limit.
- Wear appropriate athletic footwear and clothing during exercise.
- Inspect the machine for loose or damaged parts before each use. Do not use if any components are compromised.

- Adjust resistance levels gradually to avoid sudden strain.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.



Image: The ANCHEER Elliptical Machine demonstrating its robust construction and 400LBS weight capacity.

### 3. PACKAGE CONTENTS

Verify that all components are present and undamaged before beginning assembly. If any parts are missing or damaged, contact ANCHEER customer support.

- Main Frame with Flywheel and Resistance System
- Front Stabilizer with Wheels
- Rear Stabilizer with Wheels
- Front Post

- Left Handrail Arm
- Right Handrail Arm
- Left Pedal
- Right Pedal
- Handlebar with Heart Rate Monitor
- Electronic Watch (Digital Monitor)
- Assembly Tool Kit (Allen wrenches, spanner)
- User Manual

## 14 Levels of Resistance Suitable for ALL

- Low resistance for seniors to stay active
- High resistance meets young adults' fat-burning needs



Image: All components of the ANCHEER Elliptical Machine laid out for pre-assembly check.

## 4. ASSEMBLY INSTRUCTIONS

The ANCHEER Elliptical Machine is designed for straightforward assembly. All necessary tools are included. Follow these steps carefully.

### 4.1. Assembly Video Guide

For a visual guide, please refer to the official assembly video:

Your browser does not support the video tag.

Video: Step-by-step assembly guide for the ANCHEER Elliptical Machine.

### 4.2. Step-by-Step Written Instructions

#### 1. Step 1: Attach Front and Rear Stabilizers

Secure the Front Stabilizer (No. 2) and Rear Stabilizer (No. 3) to the main frame using the provided bolts, washers, and nuts. Use the spanner to tighten securely.

#### 2. Step 2: Install Front Post

Before attaching the Front Post (No. 4), set the tension knob (No. 54) to Level 14. Connect the tension control system wires. Carefully slide the Front Post into the main frame and secure it with the specified bolts and Allen wrench.

#### 3. Step 3: Attach Left and Right Handrail Arms

Attach the Left Handrail Arm (No. 5) and Right Handrail Arm (No. 6) to the main frame. Ensure the "L" and "R" markings align correctly. Secure with the provided bolts and spanner.

#### 4. **Step 4: Install Left and Right Pedals**

Attach the Left Pedal (No. 33) and Right Pedal (No. 34) to their respective handrail arms. Note that the Left Pedal Bolt (No. 36) is marked "L" for Left. Tighten and secure with the Allen wrench and spanner.

#### 5. **Step 5: Attach Handrails**

Slide the Left Handrail (No. 11) and Right Handrail (No. 10) onto their respective arms. Secure them using the provided bolts and Allen wrench.

#### 6. **Step 6: Attach Heart Rate Monitor Handles**

Remove the two bolts (No. 63) from the front post using an Allen wrench (S6). Attach the Handlebar (No. 9) to the front post, ensuring the heart rate monitor wires are accessible. Secure with the bolts and attach the clamp cover (No. 64).

#### 7. **Step 7: Assembly of the Electronic Watch (Digital Monitor)**

Remove the four screws (No. 58) from the back of the Electronic Watch (No. 57) using the spanner. Connect the tension control system wires and the handle pulse wire (No. 61) into the pulse input jack on the back of the Electronic Watch. Mount the watch onto the bracket and secure it with the screws.

## 5. OPERATING INSTRUCTIONS

### 5.1. Digital Monitor Functions

The integrated digital monitor tracks your workout data:

- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current speed.
- **DISTANCE:** Records the distance covered during your session.
- **CALORIES:** Estimates the calories burned.
- **PULSE:** Measures your heart rate when holding the sensors on the handlebars.

# Track Your Exercise Date in Real Time



PULSE



TIME



SPEED



KCAL



DIST



ODO

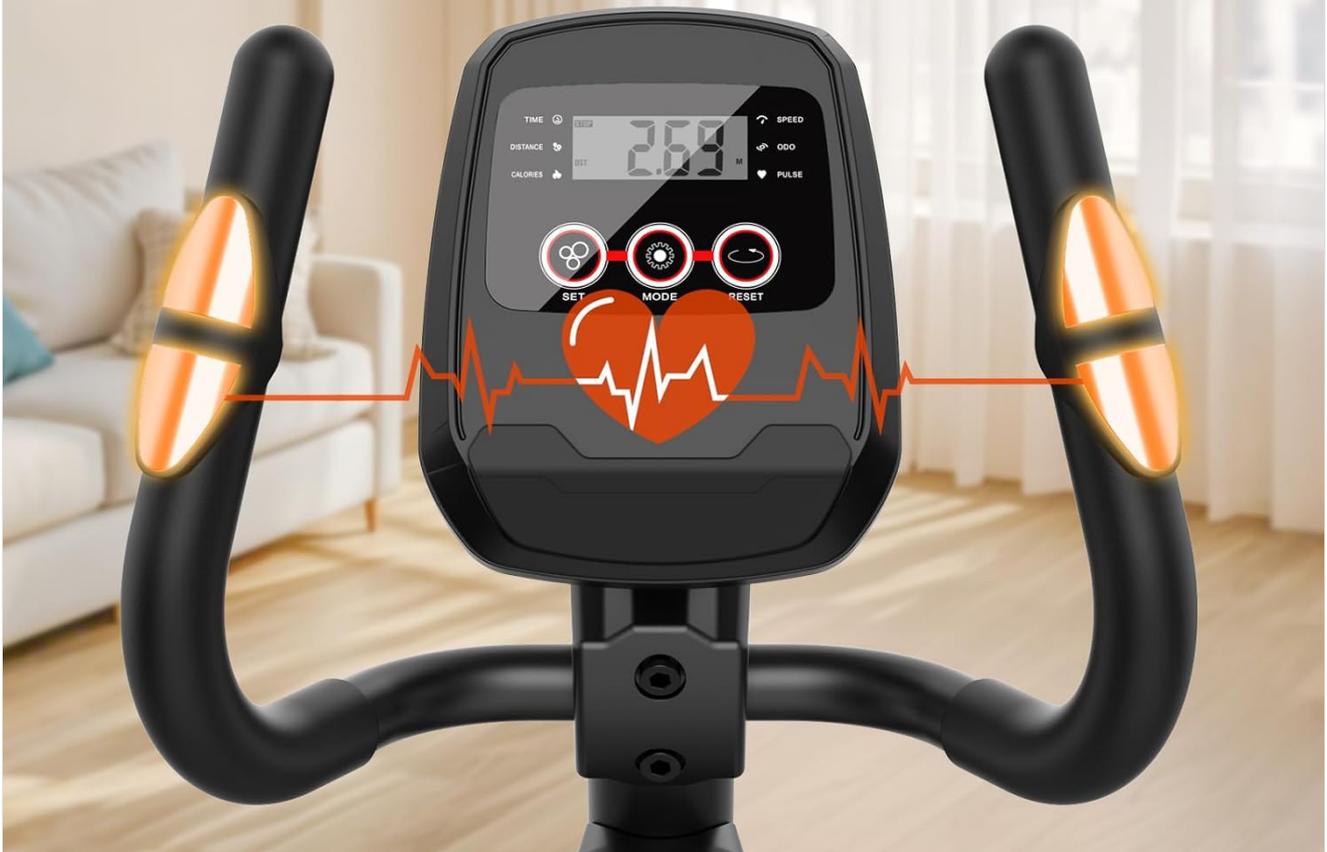


Image: Close-up of the digital monitor displaying workout metrics like pulse, time, speed, calories, and distance.

## 5.2. Adjusting Resistance Levels

The elliptical machine features 14 adjustable magnetic resistance levels. Rotate the tension knob located on the front post to increase or decrease the workout intensity. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

# Magnetic Flywheel

Smooth, silent, and powerful resistance for an effective workout.



Image: The magnetic flywheel and the 14-level dynamic resistance knob for adjusting workout intensity.

## 5.3. Heart Rate Monitoring

To measure your heart rate, firmly grip the metal sensors on the stationary handlebars. Your pulse will be displayed on the digital monitor. Ensure your hands are clean and dry for accurate readings.

Your browser does not support the video tag.

Video: Demonstration of heart rate monitoring feature on the elliptical machine.

## 6. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and safe operation of your ANCHEER Elliptical Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.

- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. However, if you notice any squeaking from moving joints, apply a small amount of silicone-based lubricant.
- **Storage:** Store the elliptical in a dry, cool place away from direct sunlight and extreme temperatures. The integrated transport wheels allow for easy relocation without scratching floors.



Image: The elliptical machine being tilted to utilize its quiet transport wheels for easy movement.

## 7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
---------	----------------	----------

Problem	Possible Cause	Solution
Machine makes noise during operation.	Loose bolts or connections; lack of lubrication on moving parts.	Check and tighten all bolts and nuts. Apply silicone lubricant to any squeaking joints.
Resistance is too easy or too hard.	Tension knob not adjusted correctly.	Rotate the tension knob to adjust to your desired resistance level.
Digital monitor not displaying data.	Batteries are low or incorrectly installed; loose sensor connections.	Replace batteries in the monitor. Check all wire connections, especially the pulse sensor wires.
Unstable during use.	Machine not on a level surface; loose stabilizers.	Ensure the machine is on a flat surface. Adjust the leveling caps on the stabilizers if necessary. Tighten stabilizer bolts.

## 8. PRODUCT SPECIFICATIONS

- **Model Name:** AMA006039
- **Brand:** ANCHEER
- **Color:** Black
- **Product Dimensions (L x W x H):** 43" x 25" x 61"
- **Material:** Aluminum (frame)
- **Resistance Mechanism:** Magnetic
- **Maximum Weight Recommendation:** 400 Pounds
- **Maximum Stride Length:** 15 Inches
- **Screen Size:** 5 Inches (Digital Monitor)
- **Item Weight:** 68 Pounds
- **Number of Resistance Levels:** 14
- **Manufacturer:** ANCHEER



Image: The ANCHEER Elliptical Machine, Model AMA006039, showcasing its compact design suitable for home use.

## 9. WARRANTY AND CUSTOMER SUPPORT

The ANCHEER Elliptical Machine comes with a lifetime warranty. For any product-related issues, questions, or assistance, please contact ANCHEER customer support.

- **Warranty:** Lifetime
- **Customer Support:** Available 24/7 online.

Please refer to your purchase documentation for specific contact details or visit the official ANCHEER website for the most up-to-date support information.