

## UMAY 350LBS Weight Capacity

# UMAY CURSOR Fitness Elliptical Exercise Machine

Model: 350LBS Weight Capacity

## INTRODUCTION

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This manual provides essential information for the safe and effective use of your UMay CURSOR Fitness Elliptical Exercise Machine. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

## IMPORTANT SAFETY INFORMATION

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- Consult your physician before starting any exercise program.
- Keep children and pets away from the machine during operation.
- Place the elliptical on a flat, stable surface with adequate clearance around it.
- Inspect the machine for loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight capacity of 350 lbs.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## PACKAGE CONTENTS

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Verify that all components are present before beginning assembly:

- Elliptical Machine (main frame and pre-assembled components)
- Assembly Hardware Kit
- Tools for Assembly
- User Manual

## SETUP AND ASSEMBLY

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Your UMay CURSOR Elliptical Machine arrives 90% pre-assembled, significantly reducing setup time. Follow these steps to complete the assembly:

1. Unpack all components and lay them out on a clean, flat surface.
2. Refer to the included assembly guide for detailed, step-by-step instructions.
3. Use the provided tools to secure the remaining parts, such as the handlebars, pedals, and console mast.
4. Ensure all bolts and nuts are tightened securely before first use.



*Image: Components for quick assembly, including the main body, handlebars, and pedals.*

## OPERATING INSTRUCTIONS

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### Magnetic Flywheel System

The elliptical features a 12LBS magnetic flywheel, providing smooth, silent, and powerful resistance for an effective workout. This system ensures quiet operation, making it suitable for home use without disturbing others.



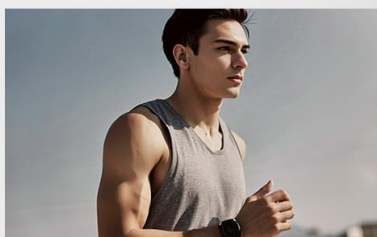
*Image: Internal view of the 12LBS magnetic flywheel, illustrating its smooth and silent operation.*

## Adjusting Resistance Levels

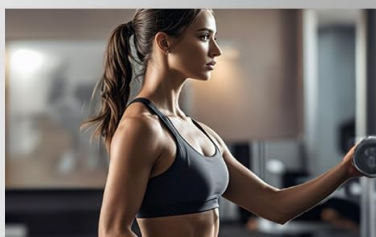
The elliptical offers 8 levels of adjustable magnetic resistance. To change the resistance, turn the resistance knob located on the main console. Rotate clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier session or warm-up.

- **Levels 1-3:** Ideal for warming up and light cardio.
- **Levels 4-6:** Suitable for body shaping and moderate intensity workouts.
- **Levels 7-8:** Designed for intense calorie burning and advanced training.

# 8 Levels Adjustable Magnetic Resistance



1-3 Warming Up



4-6 Body Shaping



7-8 Fat Burning

*Image: A close-up of the resistance knob, showing the 8 distinct levels for magnetic resistance adjustment.*

## Using the LCD Monitor

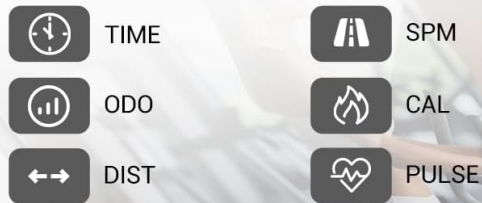
The multifunctional LCD monitor tracks your real-time workout data. It displays key metrics to help you monitor your progress and stay motivated.

- **TIME:** Duration of your current workout.
- **SPM:** Strides Per Minute.
- **ODO:** Odometer (total distance).
- **CAL:** Calories burned.
- **DIST:** Distance covered in the current workout.
- **PULSE:** Heart rate (requires holding the pulse sensors on the handlebars).

The console also includes a tablet holder, allowing you to place your device for entertainment or guided workouts.

# Multifunctional LCD Monitor and Tablet Holder

Real-time tracking of your



*Image: The LCD monitor showing various workout metrics and a tablet holder above it.*

## Stride and Motion

The elliptical features a 12-inch stride length, designed to mimic a natural walking or running motion. This optimal stride, combined with a smooth circular path, reduces impact on your knees and hips, providing a joint-safe workout experience.

# 12" Stride Length for Natural Motion

**12"**

Stride

**6'4"**

User height

**8PCS**

Joint bearings

**ZERO**

Joint pressure



*Image: A user's foot on the elliptical pedal, illustrating the 12-inch stride length and its ergonomic design.*

## Action Handlebars

The elliptical is equipped with action handlebars that move with your stride, engaging your upper body for a full-body workout. Grip the handlebars firmly during your exercise to activate arm and shoulder muscles and to monitor your pulse if applicable.

# Action Handlebars for Full-Body Engagement



Image: Close-up of the elliptical's action handlebars, designed to provide an upper body workout.

## MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your 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 and wear. Tighten any loose fasteners.
- **Lubrication:** Moving parts may require occasional lubrication. Refer to the assembly guide for specific lubrication points if necessary.
- **Storage:** When not in use, store the elliptical in a dry, clean environment. The front-mounted transport wheels allow for easy relocation.

## TROUBLESHOOTING

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

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Squeaking/Noise	Loose bolts, lack of lubrication	Tighten all visible bolts. Apply lubricant to moving joints if specified in assembly guide.
LCD Monitor Not Working	Batteries low or incorrectly installed, loose cable connection	Replace batteries. Check all cable connections to the console.
Resistance Not Changing	Resistance cable disconnected or damaged	Inspect the resistance cable connection to the knob and flywheel. Contact customer support if damaged.
Unstable During Use	Uneven surface, loose frame components	Ensure the machine is on a level surface. Check and tighten all frame bolts.

## SPECIFICATIONS

Feature	Detail
Model Name	Elliptical Exercise Machine
Brand	UMAY
Color	New Black
Product Dimensions (D x W x H)	44" x 19.29" x 49.6"
Material	Alloy Steel
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	350 Pounds
Maximum Stride Length	12 Inches
Number of Resistance Levels	8
Package Weight	68.3 Pounds
Style	350LBS Weight Capacity
Suggested Users	Unisex-adult

## WARRANTY AND SUPPORT

Your UMay CURSOR Fitness Elliptical Exercise Machine comes with a **365-day warranty** from the date of purchase, covering manufacturing defects.

For technical assistance, warranty claims, or any questions regarding your product, please contact UMay Customer Support. Refer to the contact information provided with your purchase or visit the official UMay website for support details.

UMay is committed to providing excellent customer service and support for your fitness journey.