

YAMO YE40-US-2

YAMO Folding Elliptical Machine Model YE40-US-2 User Manual

Your guide to safe and effective use of your YAMO Elliptical Trainer.

1. INTRODUCTION

Thank you for choosing the YAMO Folding Elliptical Machine Model YE40-US-2. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your elliptical trainer. Please read this manual thoroughly before using the machine and retain it for future reference.

2. SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions. Failure to follow these safety instructions may result in injury.

- Always place the elliptical machine on a stable, level surface. Ensure adequate clearance around the machine (at least 2 feet on all sides).
- Keep children and pets away from the machine during operation.
- Inspect the machine before each use for loose parts, wear, or damage. Do not use if any components are compromised.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- The maximum user weight capacity for this machine is 300 LBS (136 kg). Do not exceed this limit.
- Perform a warm-up before each workout and a cool-down afterward.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not attempt to adjust or repair the machine beyond what is described in this manual. Contact customer support for assistance.

3. PRODUCT OVERVIEW

The YAMO Folding Elliptical Machine Model YE40-US-2 is designed for effective cardiovascular exercise at home. It features a hyper-quiet magnetic driving system, 8 adjustable resistance levels, and a multifunctional LCD monitor.

Key Features:

- **Dual Handlebars:** Offers both stationary and moving handlebars to target different muscle groups and provide varied workout options.
- **Magnetic Resistance System:** Equipped with a 16-pound flywheel and 8 levels of magnetic resistance for smooth, quiet, and consistent workouts.
- **LCD Monitor:** Tracks essential workout data including time, speed, distance, calories, RPM, heart rate, and BMI.
- **Ergonomic Stride:** Features a 17.2-inch stride length, simulating natural movement for users up to 6'5".
- **Foldable Design:** Allows for easy storage and space-saving.
- **Transport Wheels:** Integrated wheels for convenient relocation of the machine.
- **Sturdy Construction:** Thickened carbon steel pipe frame ensures stability and durability.

Dual Handlebars Design

Two different types of handlebars meet diverse exercise needs



Figure 3.1: The YAMO Elliptical Machine featuring its dual handlebar design, offering versatile grip options for different exercise needs.

Ultra Powerful Magnetic Resistance System

outputs a consistent and balanced magnetic field



16Pcs
Magnetent



8 Levels
Resistance



16LB
Flywheel



Ultra-Quiet
<25dB



Figure 3.2: Illustration of the YAMO Elliptical's magnetic resistance system, highlighting the 16-pound flywheel and 8 resistance levels for quiet and balanced operation.

Ergonomic size design

gym grade stride enhance
training efficiency



User Height
5'-6'2"



Figure 3.3: The ergonomic design of the YAMO Elliptical, showing its dimensions and 17-inch stride length, suitable for various user heights.

4. SETUP AND ASSEMBLY

The YAMO Elliptical Machine is designed for quick and easy assembly, arriving 90% pre-assembled. Most users can complete the setup within 20 minutes by following the detailed instructions provided in the included user manual and using the supplied tools.

Assembly Steps:

1. Unpack all components and verify against the parts list in the separate assembly guide.
2. Attach the front and rear stabilizers to the main frame using the provided bolts and tools.
3. Connect the pedal arms and handlebars according to the assembly guide.
4. Install the LCD monitor and connect the sensor cables.

5. Ensure all bolts are securely tightened before first use.



Figure 4.1: The YAMO Elliptical Machine shown in its 90% pre-assembled state, indicating minimal steps required for full setup.



Figure 4.2: Components of the YAMO Elliptical Machine laid out for assembly, demonstrating the straightforward process.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Resistance Levels

The YAMO Elliptical offers 8 levels of magnetic resistance. To adjust the intensity of your workout, turn the resistance knob located on the main column of the machine. Turn clockwise to increase resistance and counter-clockwise to decrease it.

- **Levels 1-2:** Soothing and Relaxing Mode, ideal for warm-up or light exercise.
- **Levels 3-6:** Moderate Intensity Mode, suitable for improving physical flexibility and endurance.
- **Levels 7-8:** Highly Effective Fat Burning Mode, designed for intense calorie burning and advanced training.

8 Resistance Training Intensity



Figure 5.1: Visual representation of the 8 resistance levels and their corresponding training intensities, from warm-up to fat burning.

5.2 Using the LCD Monitor

The multifunctional LCD display provides real-time feedback on your workout. It tracks the following metrics:

- **TIME:** Duration of your workout.
- **SPEED:** Current speed in miles per hour (MPH).
- **DISTANCE:** Total distance covered during the workout.
- **CALORIES:** Estimated calories burned.
- **RPM:** Revolutions Per Minute.
- **PULSE (Heart Rate):** Your current heart rate, measured via the pulse rate grips.
- **BMI:** Body Mass Index (requires user input for calculation).
- **BMR:** Basal Metabolic Rate (requires user input for calculation).

To measure your heart rate, firmly grasp the pulse rate grips on the stationary handlebars during your workout. The

monitor will display your heart rate after a few seconds.



Figure 5.2: Close-up view of the LCD monitor and pulse rate grips, illustrating the various data points tracked during exercise.

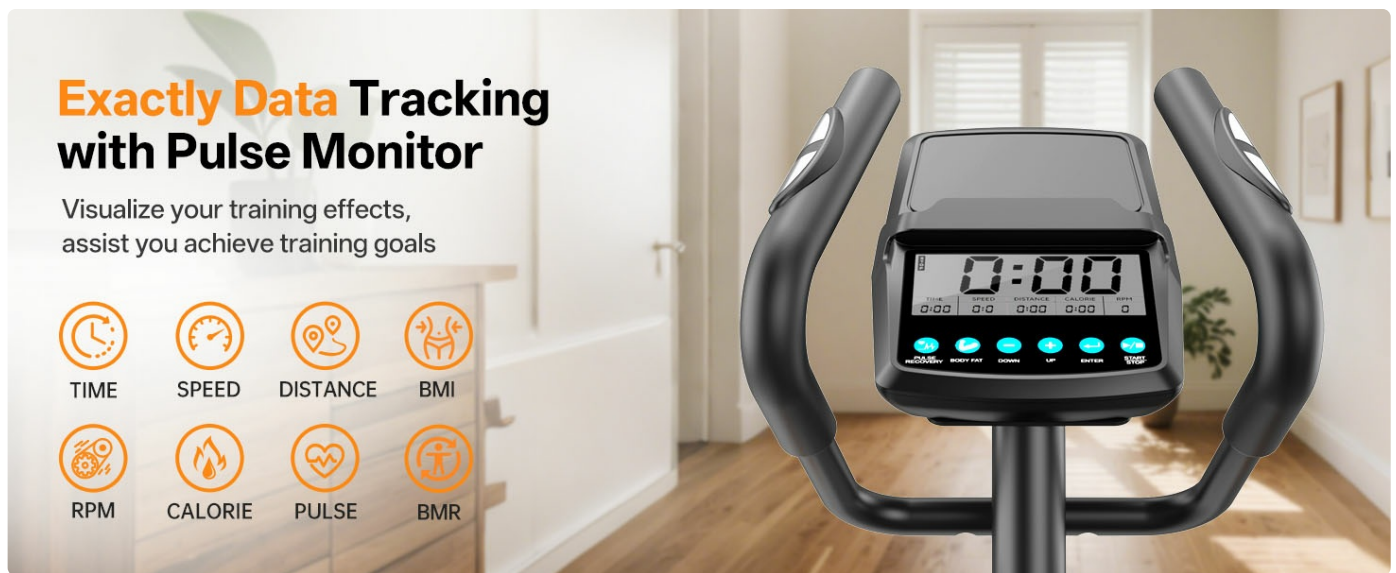


Figure 5.3: The LCD monitor displaying various tracked data points, including time, speed, distance, calories, RPM, pulse, BMI, and BMR.

5.3 Forward and Reverse Motion

The YAMO Elliptical supports both forward and reverse pedaling motions. Varying your pedaling direction can engage different muscle groups and add variety to your workout.

6. FOLDING AND STORAGE

The YAMO Elliptical Machine features a convenient folding design and integrated transport wheels for easy storage and portability.

Folding Instructions:

1. Ensure the machine is powered off and unplugged.
2. Locate the folding bolts/pins (refer to your assembly guide for exact locations).
3. Follow the specific instructions in your assembly guide to release the locking mechanism and fold the machine.
4. Once folded, ensure it is securely locked in the folded position.

Moving and Storage:

Utilize the integrated transport wheels to move the folded elliptical machine. Tilt the machine slightly and roll it to your desired storage location. Store in a dry, cool place away from direct sunlight and moisture.



Figure 6.1: Detail of the folding mechanism, illustrating how the machine can be compactly stored.



Figure 6.2: A user demonstrating the ease of moving the YAMO Elliptical Machine using its integrated transport wheels.

7. MAINTENANCE

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- **Lubrication:** Consult your assembly guide for any specific lubrication requirements for moving joints or pivot points.
- **Storage:** Store the machine in a clean, dry environment when not in use.

8. TROUBLESHOOTING

If you encounter issues with your YAMO Elliptical Machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
LCD Monitor not displaying	Loose cable connection, dead batteries	Check all cable connections to the monitor. Replace batteries in the console.
Unusual noise during operation	Loose bolts, friction between parts	Inspect and tighten all bolts and nuts. Apply lubricant to moving joints if specified in the assembly guide.
Resistance not changing	Resistance cable issue, knob malfunction	Ensure the resistance cable is properly connected. Contact customer support if the issue persists.
Machine feels unstable	Uneven surface, loose stabilizers	Place the machine on a level surface. Check and tighten all stabilizer bolts.

For issues not listed here or if solutions do not resolve the problem, please contact YAMO customer support.

9. SPECIFICATIONS

Detailed specifications for the YAMO Folding Elliptical Machine Model YE40-US-2:

Feature	Detail
Model Name	YE40-2 Elliptical Machine
Model Number	YE40-US-2
Brand	YAMO
Product Dimensions (D x W x H)	53.15" x 23.82" x 63.19"
Material	Carbon Steel
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Maximum Stride Length	17 Inches
Maximum Weight Recommendation	300 Pounds
Included Components	Elliptical Machine

10. WARRANTY AND SUPPORT

The YAMO Folding Elliptical Machine Model YE40-US-2 comes with a **1-year warranty** from the date of purchase, covering manufacturing defects and major component failures under normal use.

For technical assistance, warranty claims, or any questions regarding your product, please contact YAMO customer support. Our support team is available 24/7 to assist you.

Customer Support:
Please refer to the contact information provided on the YAMO official website or your purchase documentation for the

most up-to-date support channels.

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