

UMAY ET75

UMAY ET75 Elliptical Exercise Machine User Manual

Model: ET75

1. IMPORTANT SAFETY INSTRUCTIONS

Read all instructions carefully before using this elliptical machine. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- Ensure the elliptical is placed on a flat, stable surface. Use a protective mat underneath to prevent damage to flooring.
- Keep children and pets away from the machine during operation.
- Inspect the machine for loose parts or damage before each use. Do not use if any components are compromised.
- Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight capacity of 350 lbs (158.76 kg).
- Maintain a clear space of at least 0.6 meters (2 feet) around the elliptical during use.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Only one person should use the elliptical at a time.
- Do not attempt to adjust or repair the machine yourself. Contact customer service for assistance.

2. PRODUCT OVERVIEW

The UMay ET75 Elliptical Exercise Machine is designed for effective, low-impact cardio workouts at home. It features a hyper-silent magnetic drive system, 16 levels of resistance, a 15.5-inch stride length, and an LCD monitor for tracking workout data.

15.5" Stride Length for Natural Motion

15.5"

Stride

6'4"

MAX Height

16PCS

Joint bearings

ZERO

Joint pressure



Figure 2.1: Optimal Stride Length. The Umay ET75 features a 15.5-inch stride length, designed to mimic natural gait for low-impact exercise, reducing joint stress. It accommodates users up to 6'4" in height.

Silent Design for Distraction-Free Workouts



Figure 2.2: Silent Operation. Equipped with an ultra-quiet magnetic drive system, the ET75 elliptical ensures minimal noise during workouts, allowing for distraction-free exercise at any time.

Dual Handlebars for Versatile Workouts



Figure 2.3: Dual Handlebars. The elliptical features both stationary and moving handlebars, providing options for upper body engagement or focused lower body workouts. The integrated LCD monitor is visible between the handlebars.

**350LBS
Weight Capacity**



Figure 2.4: Robust Construction. Built with a robust steel frame, the UMay ET75 elliptical safely supports users weighing up to 350 pounds (158.76 kg), ensuring stability and durability.

3. ASSEMBLY INSTRUCTIONS

The UMay ET75 elliptical machine comes over 80% pre-assembled from the factory. All necessary accessories and tools are included. Follow the detailed illustrated manual provided in the packaging for complete assembly. An installation video guide is also available to assist you.

1. Unpack all components and verify against the parts list in the included manual.
2. Place the main frame on a stable, flat surface.
3. Attach the stabilizer bars as instructed.
4. Install the pedal arms and pedals.
5. Connect the handlebars and console mast.
6. Secure the LCD monitor and connect any necessary cables.
7. Ensure all bolts and nuts are tightened securely before first use.

Quick Assembly




-  80% Preassembled
-  Tools Provided
-  Video Installation Guide



Figure 3.1: Quick Assembly Components. The elliptical is largely pre-assembled, with remaining parts clearly labeled for easy setup. Tools are provided, and a video guide is available for assistance.

4. OPERATING INSTRUCTIONS

4.1 Adjusting Resistance

The UMAX ET75 offers 16 levels of magnetic resistance. To adjust the resistance, turn the tension control knob located on the front console. Turn clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier workout.

Adjustable Resistance

Meet different workout needs



1-3 Warming Up



4-6 Body Shaping



7-8 Fat Burning

Figure 4.1: Adjustable Resistance. The central knob allows for precise adjustment across 16 resistance levels, catering to various fitness goals from warming up to intense fat burning.

4.2 Using the LCD Monitor

The built-in digital LCD monitor provides real-time tracking of your workout data. It displays the following metrics:

- **TIME:** Duration of your workout.
- **SPEED:** Current speed in revolutions per minute (RPM) or similar unit.
- **DISTANCE:** Total distance covered during the workout.
- **CALORIES:** Estimated calories burned.
- **PULSE:** Your heart rate, measured by the heart rate grips on the stationary handlebars.
- **ODOMETER:** Total accumulated distance over all workouts.
- **SCAN:** Automatically cycles through all display functions.

To measure your heart rate, firmly grasp the heart rate grips on the stationary handlebars with both hands. Your pulse will be displayed on the monitor after a few seconds.

Multifunctional LCD Monitor and Tablet Holder

Real-time tracking of your workout data.



Figure 4.2: Multifunctional LCD Monitor. The monitor tracks essential workout data such as time, speed, distance, calories, and pulse. It also includes a tablet holder for convenience.

4.3 Starting a Workout

1. Step onto the pedals, ensuring your feet are centered and secure.
2. Begin pedaling in a smooth, continuous motion.
3. Choose to hold the stationary handlebars for stability or grasp the moving handlebars for a full-body workout.
4. Adjust the resistance to your desired level using the tension control knob.
5. Monitor your progress on the LCD display.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your UMay ET75 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:** The magnetic resistance system is generally maintenance-free. However, if you notice any squeaking from joints, apply a small amount of silicone-based lubricant to the pivot points.
- **Storage:** When not in use, store the elliptical in a clean, dry environment. The integrated transport wheels allow for easy repositioning.

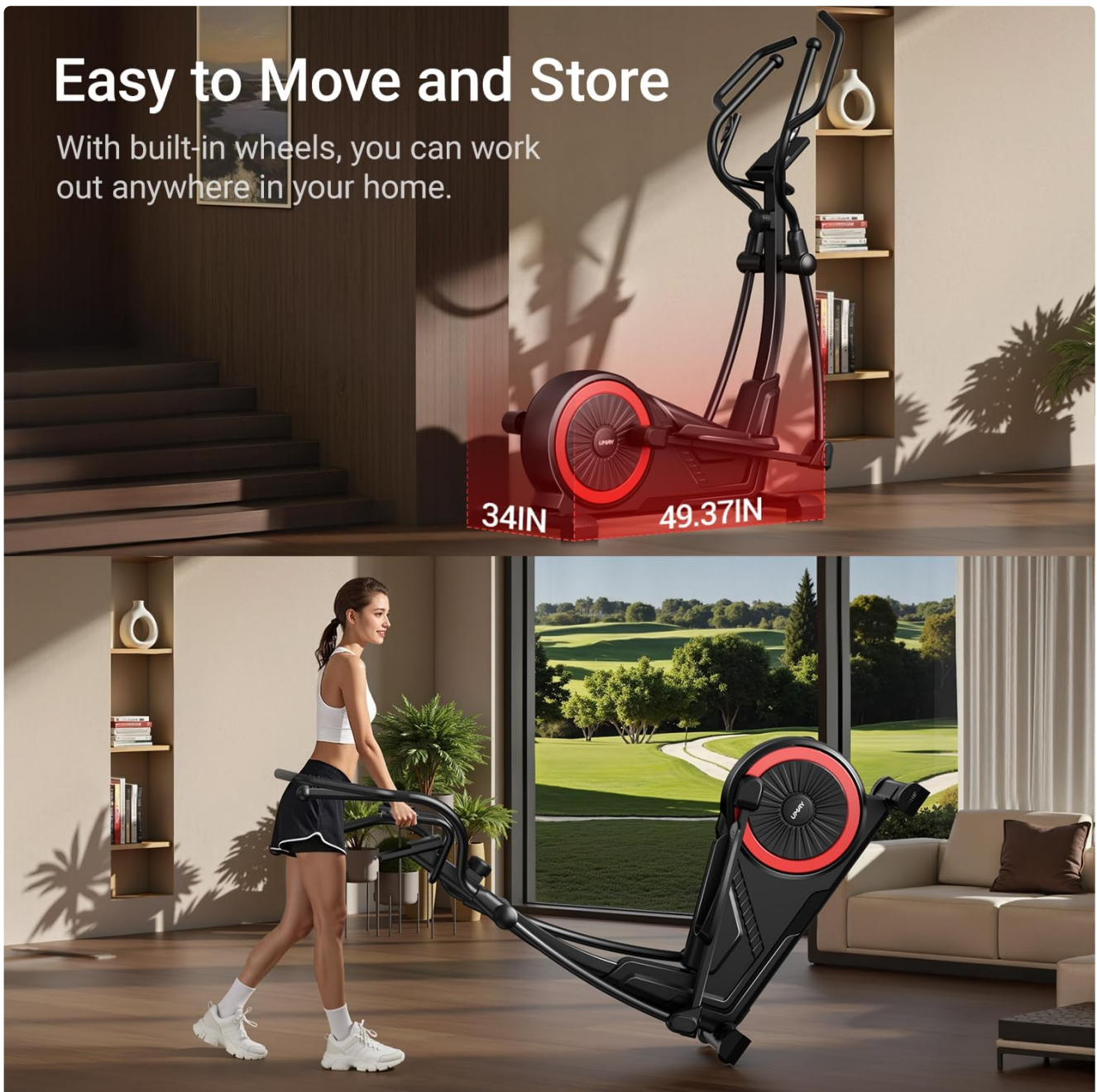


Figure 5.1: Easy Movement and Storage. The elliptical is equipped with front-mounted transport wheels, allowing it to be easily tilted and rolled for convenient storage or repositioning within your home.

6. TROUBLESHOOTING

If you encounter any issues with your UMay ET75 elliptical, refer to the following common troubleshooting tips:

- **Machine is unstable:** Ensure the elliptical is on a level surface. Adjust the leveling feet (if present) at the base of the machine until it is stable.
- **Squeaking or grinding noises:** Check all connections and tighten any loose bolts. Apply a small amount of silicone lubricant to moving joints if necessary. Ensure no foreign objects are caught in the mechanism.

- **LCD monitor not displaying:** Check battery installation and ensure batteries are fresh. Verify all cable connections to the monitor are secure.
- **Heart rate reading is inaccurate or absent:** Ensure your hands are firmly and completely grasping the heart rate grips. Skin contact must be consistent. Ensure the monitor cables are properly connected.
- **Resistance not changing:** Check if the tension control knob is functioning correctly. Ensure no obstructions are preventing the magnetic resistance mechanism from engaging.

If problems persist, please contact UMay customer service for further assistance.

7. SPECIFICATIONS

Feature	Specification
Model Number	ET75
Brand	UMAY
Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Maximum Stride Length	15.5 Inches (39.37 cm)
Maximum Weight Recommendation	350 lbs (158.76 kg)
Product Dimensions (L x W x H)	126.19 x 87.2 x 159.79 cm (approx. 49.68 x 34.33 x 62.91 inches)
Item Weight	42 kg (approx. 92.6 lbs)
Material	Alloy Steel
Color	Black

8. WARRANTY AND CUSTOMER SUPPORT

UMAY is committed to providing high-quality products and superior after-sales support. For any quality concerns, installation questions, or assistance with your ET75 elliptical machine, please contact our dedicated customer service team.

Refer to the warranty card included with your product for specific warranty terms and conditions. Keep your purchase receipt as proof of purchase.

Contact Information: Please refer to the contact details provided in your product packaging or on the official UMay website for the most up-to-date customer support information.