

Dripex Elliptical Machine

Dripex Elliptical Exercise Machine User Manual

Model: Elliptical Machine

1. SAFETY INFORMATION

Please read this manual carefully before assembling and using the Dripex Elliptical Exercise Machine. Retain this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the machine during operation.
- Place the machine 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 any parts are damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight capacity of 265 lbs (120 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- 1x Dripex Elliptical Machine
- 1x Hardware Pack
- 1x User Manual

3. SETUP AND ASSEMBLY

Follow these steps to assemble your Dripex Elliptical Exercise Machine. An assembly video is provided for visual guidance.

Assembly Video Guide

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This video demonstrates the step-by-step assembly process for the Dripex Elliptical Machine, including connecting cables and securing

Step-by-Step Assembly

- 1. Install the Rear Foot Tube:** Attach the rear foot tube to the main frame using the provided bolts and wrench. Ensure all screws are tightened securely.
- 2. Install the Front Foot Tube:** Attach the front foot tube to the main frame. This tube includes transportation wheels for easy movement. Ensure all screws are tightened securely.
- 3. Install the Resistance Cable and Center Bar:** Before installing, turn the resistance knob to level 8 to extend the resistance cable fully. Connect the sensor cables and then firmly connect the resistance cable with the lower cable. Pull the resistance cable up and hang it on the hole of the metal bracket. Insert the center bar and secure it with the provided hardware.
- 4. Install the Digital Monitor:** Unscrew the four M5x10 pan head screws from the back of the LCD monitor. Connect the sensor cables from the main frame to the corresponding ports on the monitor. Mount the monitor onto the bracket and secure it with the screws.
- 5. Install the Heart Rate Grip:** Attach the heart rate grip handlebars to the main upright post using the provided bolts and tighten them. Connect the heart rate sensor cables.
- 6. Install the Left & Right Swing Arm:** The arc spacers are pre-attached on the swing shaft of the center bar. Attach the left and right swing arms to the main frame, ensuring the arc spacers are correctly positioned. Secure with the provided hardware.
- 7. Install the Left & Right Pedal Shaft:** The right pedal hinge bolt is screwed into the right crank in a clockwise direction, and its nylon nut is tightened in a counterclockwise direction. The left pedal hinge bolt is screwed into the left crank in a counterclockwise direction, and its nylon nut is tightened in a clockwise direction.
- 8. Install the Left & Right Pedal:** Attach the left and right pedals to their respective pedal shafts using the provided screws and washers. Ensure they are securely fastened.
- 9. Install the Left & Right Handlebar:** Attach the left and right handlebars to the swing arms. Secure them with the provided bolts and tighten all connections.
- 10. Install the Nut Cover & Bottle Holder:** Place the nut covers over exposed nuts for safety and aesthetics. Install the bottle holder on the main frame using the provided screws.

4. OPERATING INSTRUCTIONS

Adjusting Resistance

The Dripex Elliptical Machine features an 8-level adjustable magnetic resistance system. Turn the tension knob located on the main frame to increase or decrease the workout intensity. Levels 1-3 are for casual mode, 4-6 for strength training, and 7-8 for body-built mode.



Image: Close-up of the 8-level adjustable magnetic resistance control knob.

Using the LCD Monitor

The integrated LCD digital monitor tracks your exercise data in real-time. It displays time, speed, distance, calories burned, pulse, and odometer readings. Use the 'MODE', 'RESET', and 'SET' buttons to navigate and customize your workout routine.

ADJUSTABLE MAGNETIC CONTROL

8-level resistance to achieve the effect of these sports



Image: The LCD monitor displaying workout data, with pulse sensors on the handlebars and a device holder.

Pulse Sensors

Grip the fixed heart rate sensors on the handlebars to monitor your heart rate during your workout. The pulse reading will be displayed on the LCD monitor.

Device Holder

Utilize the integrated device holder to place your tablet or smartphone, allowing you to enjoy music or videos while exercising.

Transportation Wheels

To move the elliptical machine, simply tilt it forward onto its transportation wheels and roll it to your desired location. This feature makes it easy to store when not in use.

PRODUCT DIMENSIONS

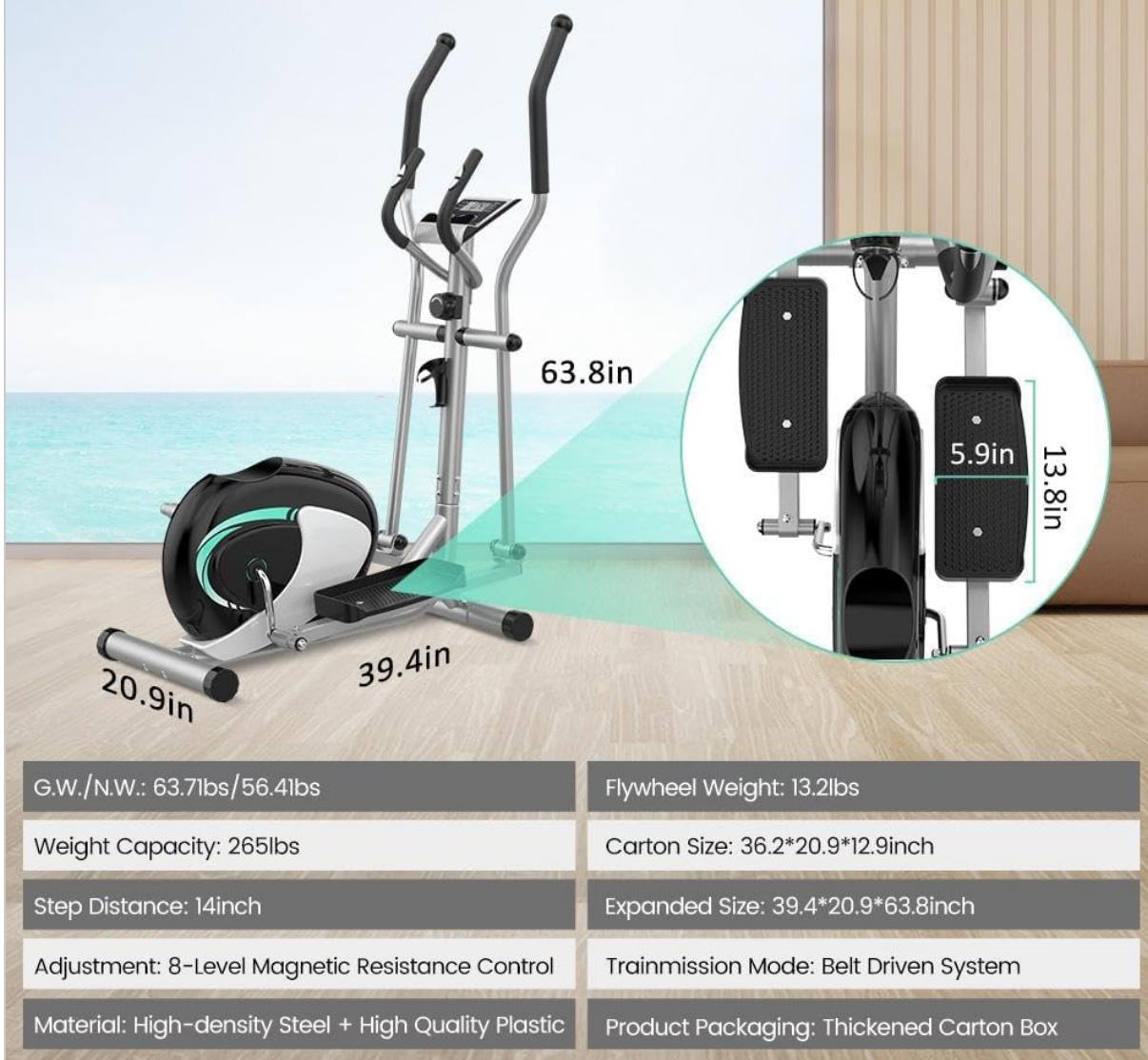


Image: A person demonstrating how to move the elliptical machine using its built-in transportation wheels.

Product Demonstration Video

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This video provides a general overview and demonstration of the Dripex Elliptical Machine in use, highlighting its features and quiet operation.

5. MAINTENANCE

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. Tighten any loose fasteners.
- Lubrication:** Apply a small amount of silicone-based lubricant to moving joints if any squeaking occurs.
- Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

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

- **Machine is stiff or difficult to pedal:** Ensure the resistance cable was installed correctly and the resistance knob is not set to an excessively high level. Refer to assembly step 3.
- **Squeaking noises:** Check all connections for tightness and apply lubricant to moving joints if necessary.
- **LCD monitor not displaying data:** Check the battery in the monitor and ensure all sensor cables are securely connected.
- **Unstable during use:** Ensure the machine is placed on a level surface. Adjust the leveling caps on the foot tubes if needed.

For further assistance, please contact customer service.

7. SPECIFICATIONS

Feature	Detail
Brand	Dripex
Model Name	Elliptical Machine
Color	Green
Product Dimensions (LxWxH)	39.4"D x 20.9"W x 63.8"H
Material	Alloy Steel
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	265 Pounds
Maximum Stride Length	14 Inches
Number of Resistance Levels	8
Flywheel Weight	6KG (approx. 13.2 lbs)
Included Components	1x Dripex Elliptical Machine, 1x Hardware Pack, 1x User Manual

8. WARRANTY AND SUPPORT

The Dripex Elliptical Exercise Machine comes with a 1-year warranty. For any concerns, questions, or support needs, please contact Dripex customer service. We are committed to providing high-quality elliptical machines and satisfied customer service.