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Neezee AB2503003

Neezee Elliptical Trainer AB2503003 User Manual

Model: AB2503003 | Brand: Neezee

1. INTRODUCTION

The Neezee Elliptical Trainer AB2503003 is designed to provide an effective, low-impact, full-body aerobic workout in the comfort of your home. This elliptical features an ultra-quiet magnetic resistance system, an 8 kg flywheel, and an LCD monitor to track your exercise data. Please read this manual thoroughly before assembly and use to ensure safe and optimal operation.

2. SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Wear appropriate exercise attire and footwear.
- Ensure the elliptical is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the equipment during operation.
- The maximum user weight for this elliptical is 150 kg. Do not exceed this limit.
- Regularly inspect the equipment for loose parts or signs of wear. Do not use if damaged.
- Always hold the handlebars for balance during use.

3. PACKAGE CONTENTS

Before assembly, verify that all components are present and undamaged. The package includes:

- Elliptical Trainer main frame and components
- Assembly tool kit
- User manual (available in English, German, French, Spanish, Italian)

4. SETUP AND ASSEMBLY

The Neezee Elliptical Trainer AB2503003 requires assembly. Detailed, step-by-step instructions with illustrations are provided in the included physical user manual. Ensure all bolts are tightened securely before first use.

Moving and Storage

This elliptical is equipped with integrated transport wheels for easy relocation. To move the unit, lift the rear stabilizer slightly and roll the elliptical using the front wheels. This design allows for convenient storage when not in use.



Image: The elliptical features silent transport wheels for easy movement and storage, making it space-saving for home use.

5. OPERATING INSTRUCTIONS

Resistance Adjustment

The elliptical offers 16 levels of magnetic resistance, adjustable via a tension control knob. Rotate the knob to increase or decrease the resistance to match your fitness level and workout goals.

- **Levels 1-4:** Ideal for warm-up and light exercise.
- **Levels 5-8:** Suitable for aerobic fat-burning workouts.
- **Levels 9-12:** Designed for targeted body shaping and muscle toning.
- **Levels 13-16:** For high-intensity challenges and improving endurance.



Image: The resistance knob allows for 16 adjustable magnetic resistance levels, catering to various workout intensities from warm-up to high-intensity training.

LCD Monitor and Data Tracking

The multi-function LCD display provides real-time feedback on your workout. It shows essential data such as time, distance, calories burned, heart rate, and current resistance level. This allows you to monitor your progress and tailor your training.

program effectively. The elliptical also includes an enlarged holder for your mobile phone or tablet, enhancing your workout experience.



16 livelli di resistenza regolabili



Livelli da 1 a 4 Riscaldamento



Livelli da 5 a 8 Allenamento aerobico



Livelli da 9 a 12 Bruciare i grassi e modellare il corpo



Livelli da 13 a 16 Allenamento di resistenza

Image: The wide LCD display shows real-time data including time, calories, heart rate, speed, scan, and distance, making home workouts more efficient. A tablet holder is also visible.

Dual Handlebar Design

The elliptical features a dual handlebar design. The larger outer handlebars are for full-body workouts, engaging both upper and lower body muscles. The smaller inner handlebars allow you to focus primarily on lower body training. This versatility enables you to target over 90% of your body's muscle groups.



Sensore pulsazioni
Con supporto per telefono/tablet



2 stabilizzatori da pavimento



Ruote di trasporto



Portaborraccia



Grande pedale antiscivolo

Image: The 3-in-1 elliptical with dual handlebars provides a low-impact aerobic exercise, reducing knee pressure and engaging over 90% of muscle groups.

Ergonomic Design and Quiet Operation

The elliptical is designed with an ergonomic 42cm (16.5 inches) stride length and enlarged pedals, accommodating various user heights and reducing pressure on the knees. The professional-grade 8kg flywheel and magnetic resistance system ensure smooth, fluid motion with minimal noise, operating at less than 20dB. This allows for quiet workouts without disturbing others.



Design ergonomico - Passo 16.5 pollici

La distanza del passo di 16,5 pollici (42 cm) offre più spazio per l'estensione delle gambe, riduce notevolmente la pressione sulle ginocchia e rende l'allenamento a casa efficiente e sicuro.

Image: The ultra-quiet magnetic cross trainer operates below 20dB, allowing for workouts without disturbing family or neighbors. It supports a maximum weight of 150kg.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your elliptical trainer.

- Cleaning:** Wipe down the elliptical with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- Lubrication:** No specific lubrication is required for the magnetic resistance system.
- Storage:** Store the elliptical in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues with your Neezee Elliptical Trainer, refer to the following common solutions:

- Unusual Noises:** Check for loose bolts or components. Ensure the elliptical is on a level surface.
- Display Not Working:** Check battery installation in the LCD monitor. Ensure all cable connections are secure.
- Resistance Not Changing:** Verify the tension control knob is functioning correctly and the internal mechanism is not obstructed.
- Unstable Operation:** Ensure the elliptical is on a firm, level surface. Adjust the floor stabilizers if necessary.

For issues not listed here, please contact Neezee customer support.

8. SPECIFICATIONS

Feature	Specification
Model Name	AB2503003
Dimensions (L x W x H)	100 x 54 x 162 cm
Color	Nero Premium (Black Premium)
Material	Steel Alloy

Flywheel Weight	8 kg
Resistance Levels	16 (Magnetic)
Stride Length	42 cm (16.5 inches)
Max User Weight	150 kg
Noise Level	<20 dB
Display	LCD Monitor (Time, Distance, Calories, Heart Rate, Resistance)
App Compatibility	Yes
Special Features	Dual Handlebars, Transport Wheels, Phone/Tablet Holder, Bottle Holder

9. WARRANTY AND SUPPORT

Neezee is committed to providing high-quality products and excellent customer service. For any questions, concerns, or support needs regarding your elliptical trainer, please contact our dedicated customer service team. We aim to respond to all inquiries within 12 hours to ensure your workout experience is safe and efficient.

Please refer to your purchase documentation for specific warranty terms and conditions.