

Neezee AB2503003

Neezee Professional Home Elliptical Trainer AB2503003 User Manual

Model: AB2503003

IMPORTANT SAFETY INFORMATION

Read all instructions carefully before using this elliptical trainer. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure all parts are correctly assembled and tightened before use.
- Place the elliptical on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Maximum user weight: 150 kg.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not use the equipment if it is damaged.

PRODUCT OVERVIEW

The Neezee Professional Home Elliptical Trainer is designed for a comprehensive, low-impact aerobic workout. It features a silent magnetic resistance system and a multi-functional LCD display.

Key Features

- **3-in-1 Home Elliptical:** Designed for full-body workouts, targeting over 90% of muscle groups.
- **16 Adjustable Magnetic Resistance Levels:** Allows for precise intensity control from warm-up to high-intensity training.
- **Silent and Smooth Operation:** 8kg professional flywheel and magnetic resistance system ensure quiet and stable performance (below 20dB).

- **App Compatibility & Scientific Fitness:** Connects via Bluetooth to popular fitness apps like Kinomap and Zwift for interactive training.
- **Dual Handlebar Design:** Offers both full-body and lower-body focused workout options.
- **Ergonomic Design & Knee Protection:** 42cm (16.5 inches) stride length and enlarged pedals reduce knee pressure.
- **Convenient Transport Wheels:** Integrated silent wheels for easy movement and storage.
- **Integrated Device Holder and Bottle Holder:** For convenience during workouts.

Components

The package includes the elliptical trainer, a tool kit for assembly, and a user manual.



Image showing various components of the Neezee Elliptical Trainer, including the resistance knob, adjustable stabilizers, pulse sensors, dual handlebars, device holder, bottle holder, and large non-slip pedals.

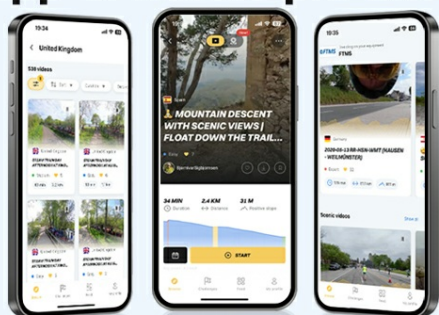
SETUP AND ASSEMBLY

The elliptical trainer requires assembly. Please follow the detailed instructions provided in the included user manual (EN/DE/FR/ES/IT). Ensure all parts are accounted for before beginning assembly.

1. Unpack all components and verify against the parts list in the manual.
2. Place the main frame on a clear, level surface.
3. Attach the front and rear stabilizers.
4. Install the upright post and handlebars.
5. Connect the pedal arms and pedals.
6. Mount the LCD monitor and connect the sensor cables.
7. Secure all bolts and nuts tightly.

Note: This product may arrive in two separate packages.

Compatibile con le app di fitness più diffuse



- Dati di allenamento in tempo reale
- Video di allenamento divertenti
- Allenamenti strutturati
- Interazione social



Image illustrating the elliptical trainer being delivered in two separate boxes, labeled BOX A and BOX B.

OPERATING INSTRUCTIONS

Getting Started

1. Step onto the pedals, ensuring your feet are centered and secure.
2. Grip the handlebars firmly.
3. Begin pedaling in a smooth, elliptical motion.

Adjusting Resistance

The elliptical features 16 levels of magnetic resistance.



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 showing the resistance control knob with settings from 1 to 16, indicating low to high tension.

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

Using the LCD Monitor

The multi-function LCD display provides real-time workout data.



Image of the LCD monitor showing various metrics like time, speed, distance, calories, and pulse.

- **SCAN:** Cycles through all data automatically.
- **TIME:** Displays workout duration.
- **SPEED:** Shows current speed.
- **DIST:** Tracks distance covered.
- **CAL:** Estimates calories burned.
- **ODO:** Displays total accumulated distance.
- **PULSE:** Shows heart rate when gripping the pulse sensors on the inner handlebars.
- Use the **MODE** , **RESET** , and **SET** buttons to navigate and adjust settings.

App Connectivity (Bluetooth)

Connect your elliptical to popular fitness apps for enhanced training experiences.

Your browser does not support the video tag.

Video demonstrating how to connect the elliptical trainer to a fitness app via Bluetooth, showing app selection and workout initiation.

1. Download a compatible fitness app (e.g., Kinomap, Zwift) from your device's app store.
2. Ensure Bluetooth is enabled on your smartphone or tablet.
3. Open the fitness app and follow the in-app instructions to connect to your Neezee elliptical trainer.
4. Enjoy structured workouts, real-time data tracking, and social interaction.

Handlebar Usage

The elliptical features a dual handlebar design for varied workout focus.

- **Outer Handlebars:** Use for a full-body workout, engaging both upper and lower body muscles.
- **Inner Handlebars (with pulse sensors):** Grip these to focus on lower body training and monitor your heart rate.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your elliptical trainer.

- **Cleaning:** Wipe down the equipment 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:** Apply a silicone-based lubricant to moving joints as needed to ensure smooth operation.
- **Storage:** Store the elliptical in a dry, cool place away from direct sunlight and moisture. Use the transport wheels to move it easily.



Image showing a person easily moving the elliptical trainer using its integrated transport wheels.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Squeaking or grinding noise	Loose bolts or lack of lubrication	Check and tighten all bolts. Lubricate moving joints.
Inaccurate monitor readings	Loose sensor connection or low battery	Check sensor cables. Replace monitor batteries (if applicable).
Resistance not changing	Resistance cable disconnected or damaged	Inspect the resistance cable connection. Contact customer support if damaged.
Elliptical feels unstable	Uneven surface or loose stabilizers	Ensure the elliptical is on a level surface. Adjust the floor stabilizers.

SPECIFICATIONS

Model Name: AB2503003

Brand: Neezee

Color: Premium Black

Material: Alloy Steel

Product Dimensions: 100D x 54W x 162H cm

Flywheel Weight: 8 kg

Resistance Levels: 16 Magnetic Levels

Stride Length: 42 cm (16.5 inches)

Maximum User Weight: 150 kg

Noise Level: <20 dB

Monitor: LCD (Bluetooth compatible)

Included: Elliptical, tool kit, user manual (EN/DE/FR/ES/IT)

WARRANTY AND SUPPORT

Neezee provides a professional research and development team and an after-sales service team. For any questions or support needs, please contact Neezee customer service. All inquiries receive a quick response within 12 hours.

Refer to your purchase documentation for specific warranty details.

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