

Yagud Under Desk Machine

Yagud Under Desk Electric Elliptical Leg Exerciser User Manual

Model: Under Desk Machine

INTRODUCTION

Thank you for choosing the Yagud Under Desk Electric Elliptical Leg Exerciser. This manual provides essential information for the safe and effective use of your new device. Please read it thoroughly before operation and retain it for future reference.

This exerciser is designed to provide a low-impact, seated workout, promoting leg movement and circulation. It features multiple speed settings and a remote control for convenient operation.

IMPORTANT SAFETY INSTRUCTIONS

WARNING: To reduce the risk of serious injury, read all instructions before using this product.

- Consult your physician before starting any exercise program, especially if you have pre-existing medical conditions.
- Use this device only as described in this manual.
- Keep children and pets away from the device during operation.
- Ensure the device is placed on a stable, level surface.
- Do not use the device if it is damaged or malfunctioning.
- Do not stand on the device. It is designed for seated use only.
- Keep hands and feet clear of moving parts.
- Unplug the device from the power outlet when not in use or before cleaning.
- Do not expose the device to water or excessive moisture.

PRODUCT OVERVIEW

The Yagud Under Desk Electric Elliptical Leg Exerciser is a compact and efficient device for improving leg circulation and muscle activity while seated.

Components Included:

- Yagud Under Desk Electric Elliptical Leg Exerciser (Main Unit)
- Remote Control
- Power Adapter
- User Manual (this document)



Image: The Yagud Under Desk Electric Elliptical Leg Exerciser, showing its compact design and foot pedals.

SETUP INSTRUCTIONS

1. **Unpack the Device:** Carefully remove all components from the packaging. Retain packaging for storage or future transport.
2. **Placement:** Place the exerciser on a flat, stable surface under your desk or in front of your chair. Ensure there is

enough space for your legs to move freely without obstruction.

3. **Connect Power:** Insert the power adapter into the power port on the exerciser, then plug the adapter into a standard electrical outlet.
4. **Remote Control:** Ensure the remote control has batteries installed (usually 2x AAA). If not, insert new batteries according to the polarity markings.

OPERATING INSTRUCTIONS

Getting Started:

1. **Sit Comfortably:** Sit in a chair with your feet placed firmly on the pedals of the exerciser. Ensure your knees are at a comfortable angle.
2. **Power On:** Press the power button on the main unit or the remote control to turn on the device. The display will illuminate.

Using the Remote Control:

The remote control allows you to adjust settings conveniently without bending down.

- **Power Button:** Turns the device on or off.
- **Speed +/-:** Increases or decreases the elliptical speed. There are 13 adjustable speeds.
- **Mode Button:** Cycles through different operating modes (e.g., forward, reverse, auto programs). Refer to the display for current mode.
- **Timer Button:** Sets the exercise duration.

Adjusting Speed and Direction:

Use the "Speed +" and "Speed -" buttons on the remote to select your desired intensity. The device offers 13 distinct speed levels. You can also change the direction of the elliptical motion using the appropriate button on the remote or main unit (if available).

Exercise Recommendations:

Start with a low speed and short duration (e.g., 15-20 minutes) and gradually increase as your comfort and fitness level improve. Listen to your body and stop if you experience any discomfort or pain.

MAINTENANCE

Cleaning:

- Always unplug the device before cleaning.
- Wipe the exterior surfaces with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- Avoid getting water into any openings or electrical components.

Storage:

- Store the exerciser in a cool, dry place, away from direct sunlight and extreme temperatures.
- If storing for an extended period, consider placing it back in its original packaging to protect it from dust and damage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Power adapter not connected properly; Power outlet not working; Device malfunction.	Ensure power adapter is securely plugged into both the device and a working electrical outlet. Try a different outlet. If problem persists, contact customer support.
Remote control not working.	Dead batteries; Obstruction between remote and device; Remote not paired (if applicable).	Replace batteries in the remote control. Ensure there is a clear line of sight to the device's sensor.
Unusual noise during operation.	Device not on a level surface; Internal component issue.	Ensure the device is on a flat, stable surface. If the noise persists and is unusual, discontinue use and contact customer support.
Pedals are stiff or not moving smoothly.	Obstruction; Internal mechanism issue.	Check for any obstructions around the pedals. Ensure the device is clean. If the issue continues, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Name	Yagud Under Desk Machine
Brand	Yagud
Product Dimensions (D x W x H)	14"D x 17"W x 10"H
Material	Metal
Resistance Mechanism	Air
Maximum Stride Length	5 inches
Maximum Weight Recommendation	200 pounds
Adjustable Speeds	13
Included Components	Elliptical Machine, Remote Control, Power Adapter

WARRANTY INFORMATION

According to the product information, there is no specific warranty description provided for this Yagud Under Desk Electric Elliptical Leg Exerciser. Please refer to the retailer's return policy or contact the seller directly for any warranty-related inquiries.

CUSTOMER SUPPORT

If you encounter any issues not covered in this manual or require further assistance, please contact your retailer or the manufacturer's customer service. For the latest support information, you may visit the official Yagud website. *Please have your product model number (Under Desk Machine) and purchase details ready when contacting support.*

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

Answered questions about this manual

How do I perform maintenance on the Yagud Under Desk Machine?

Maintenance for the Yagud Under Desk Machine is straightforward and focuses on cleaning and proper storage. Follow these guidelines to keep the device in good condition:Cleaning: Always unplug the device from the power outlet...

[Read full answer](#)

