

JIUFENG

# **JF-J-11 Stepper Remote Control**



## **JIUFENG JF-J-11 Stepper Remote Control Instruction Manual**

[Home](#) » [JIUFENG](#) » JIUFENG JF-J-11 Stepper Remote Control Instruction Manual 

### **Contents**

- [1 JIUFENG JF-J-11 Stepper Remote Control](#)
- [2 Specifications](#)
- [3 Product Usage Instructions](#)
- [4 FAQ](#)
- [5 Safety Instructions](#)
- [6 Packing List](#)
- [7 Assembly Steps](#)
- [8 Control Panel Description](#)
- [9 Remote control](#)
- [10 APP Instructions for use](#)
- [11 How to move products](#)
- [12 Tips for use](#)
- [13 Parameters](#)
- [14 FCC STATEMENT](#)
- [15 Documents / Resources](#)
  - [15.1 References](#)

# **JIUFENG**

**JIUFENG JF-J-11 Stepper Remote Control**



## Specifications

- **Power:** 60W
- **Input voltage:** 100-240V, 50/60Hz
- **Speed range:** 1-10 levels
- **Model:** HR (Motorized mode), HF (Resistance mode)
- **Direction:** Forward/backward
- **Product size:** 508 x 345 x 280mm
- **Package size:** 560 x 382 x 330mm
- **Net weight:** 8.3KG
- **Gross weight:** 9.8KG
- **Extra features:** APP/Infrared remote control

## Product Usage Instructions

1. Scan the QR code to download and install the app on your device.
2. Register using your phone number or email address to log in.
3. Select the Elliptical Trainer program in the app and press Start to activate the product.
4. Press the spring-loaded clasp to pull the rod out.
5. Loosen the clasp and pull the handle upward to move the product.

## FAQ

- **Q:** What battery should I use for the remote control?
- **A:** It is recommended to use a CR2025 button battery for the remote control.
- **Q:** What should I do if I forget my app login credentials?
- **A:** Make sure to use the correct phone number or email address for registration. You can also use the Kinomap app as an alternative.

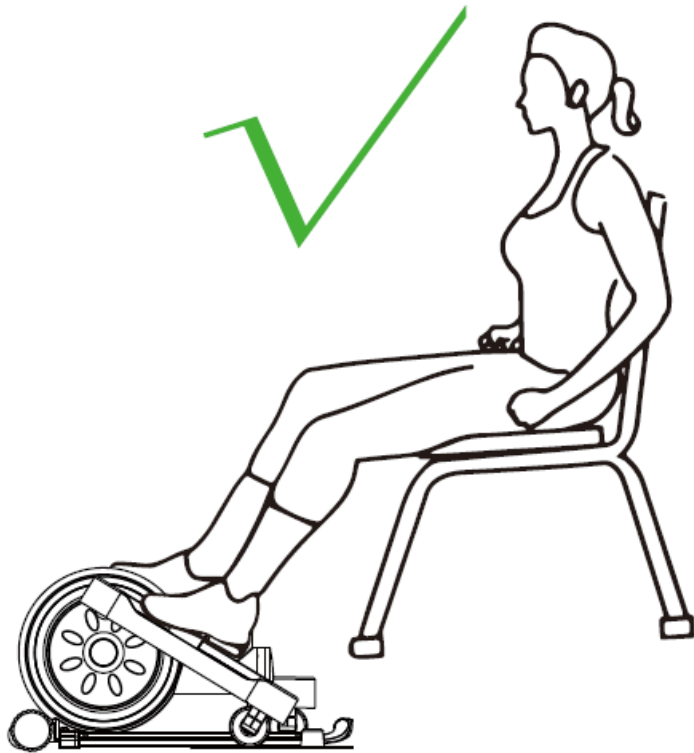
- **Q:** How do I switch between resistance mode and motorized mode?
- **A:** Use the respective mode keys on the remote control to switch between resistance and motorized modes after restarting the machine.

## **Welcome to YSD-Pro!**

- We are very pleased that you have chosen the YSD-Pro Under Desk Ellipse and hope that you are pleased with the results of your journey towards a healthier, more active lifestyle.
- Before you begin, we encourage you to familiarize yourself with important information about the safe and effective use of the YSD-Pro Under Desk Ellipse. This will ensure that you and your family can fully enjoy the benefits it offers while prioritizing safety.
- Please take some time to read the safety precautions and warnings provided in the owner's manual. If you have any questions or need assistance, please do not hesitate to contact us: at [AvaBestcustomerservice@outlook.com](mailto:AvaBestcustomerservice@outlook.com).
- Contact us via Amazon: Log in your Amazon account > choose "Your orders" > find the order ID > click "Contact Seller"
- Let's embrace an active and healthy journey with the YSD-Pro!

## **Important notes before you start**

- **CAUTION:** Consult your physician before beginning any exercise program. Be especially cautious if you are new to exercise, pregnant, or have existing health problems. If you experience dizziness or pain during exercise, stop immediately and consult your physician.
- **CAUTION:** Use only in a seated position and do not attempt to use while standing. Failure to follow these warnings and instructions may result in serious injury or even death.
- **CAUTION:** To minimize the risk of injury, read the following safety instructions carefully before using the equipment.



## Safety Instructions

1. Please read and observe all warnings and cautions posted on the machine.
2. This machine is not intended for therapeutic purposes. Avoid using other medical electronic devices such as pacemakers or ECG machines while operating the machine.
3. Check and make sure you have all the parts and tools listed in the manual. Use only recommended tools and parts to ensure safe operation.
4. Inspect the machine for any worn or loose parts before use. Securely fasten or replace any damaged parts before operation.
5. Install and operate the machine on a stable, level surface to ensure safety and proper function. Do not allow children to use or play with the machine. Keep children and pets away from the machine during use. Small parts may cause an accidental choking hazard.
6. Be careful to maintain your balance in the chair when using, setting up or taking down the machine. Loss of balance may result in a fall and serious injury.
7. Avoid using or storing the product in wet or dusty environments, such as bathrooms, near water sources or outdoors.
8. Wear appropriate athletic clothing and shoes when exercising. Avoid loose or flowing clothing that could get caught in the device.
9. Do not operate the machine with wet hands. Do not insert any objects into the charger connector to prevent damage or electric shock.  
Avoid putting fingers or objects into the moving parts of the machine.
10. Avoid covering the machine with objects during use to prevent overheating, malfunctioning, or damage to the

motor. Do not place the power cord under the product or any heavy objects.

11. Do not move the machine by grasping the pedals, cranking the arms, or pulling on the power cord.
12. Avoid wrapping the power cord around the product, which may damage the cord and create a risk of electric shock or fire.
13. Do not use the machine if the power plug is loose.
14. Turn off the power after each use and before cleaning the machine to ensure safety.

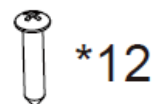
## Packing List



① Main framework (x1)



② Footrest (x2)



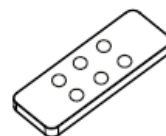
③ Crossed large flat head tapping screws (x12)



④ Bearing plate(x2)



⑤ Allen wrench (x1)



⑥ Remote control (x1)



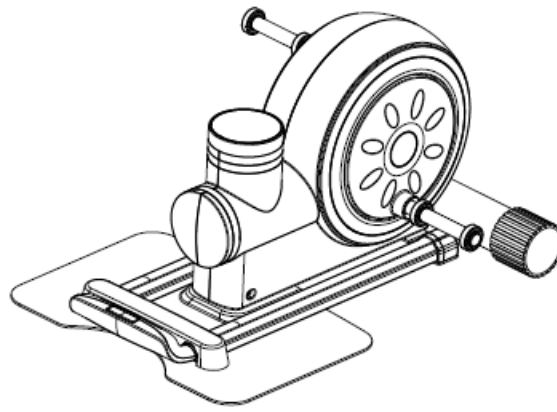
⑦ Power adapter (x1)



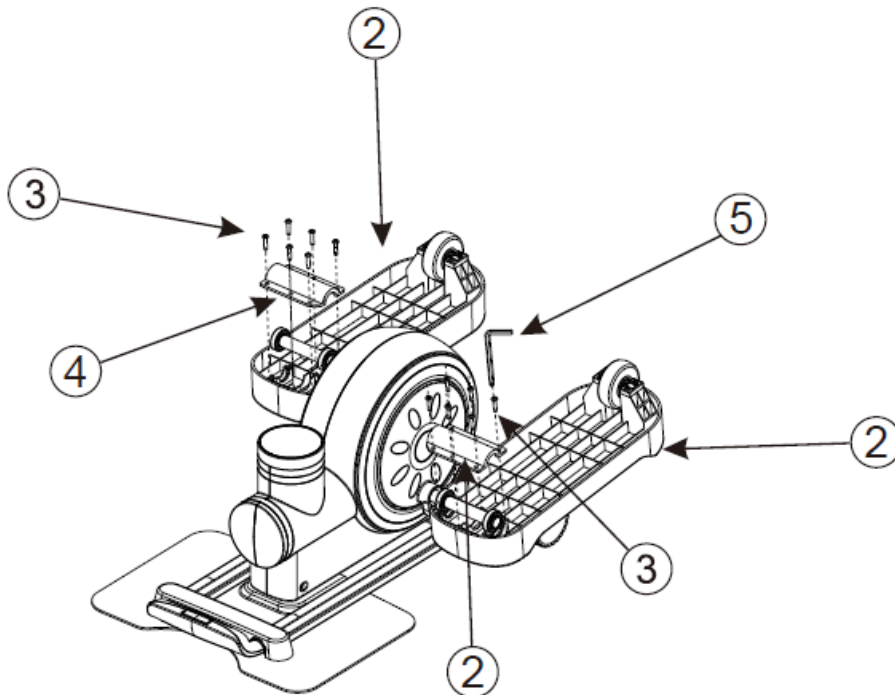
⑧ User manual (x1)

## Assembly Steps

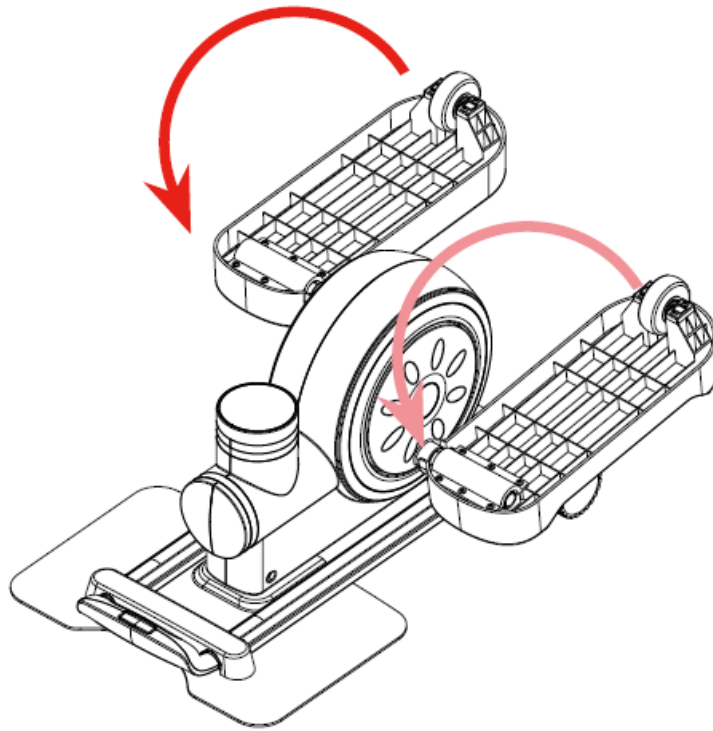
Take the product out of the carton, remove the PE bag, and place it on a flat floor.



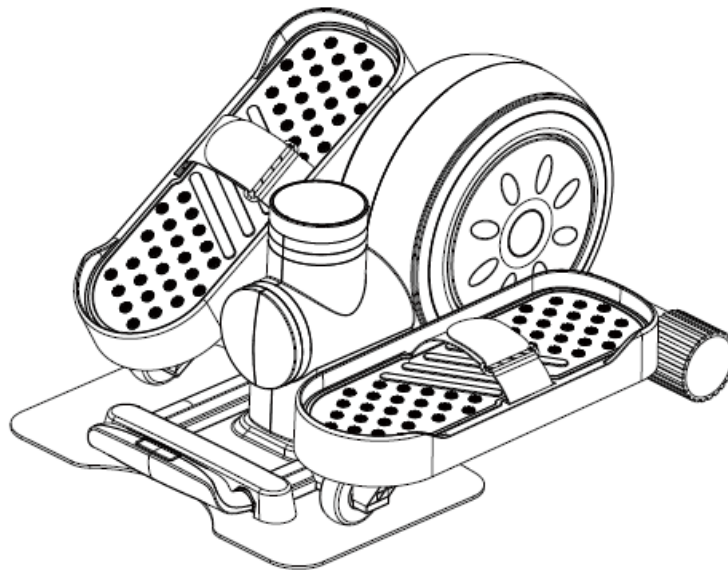
1. Take out the pedals;
2. Snap(pedals and bearing plates) into the corresponding slot in the bearing position (as shown);
3. Tighten the screws with an L-wrench;
4. Use the same operation method for the left and right side of the pedal, the left and right side of the pedal will be labeled, L is for the left side, and R is for the right side.



- Verify that the screws are tightened and locked as shown, and flip the pedal over.



- After the parts are assembled as shown below, you can connect the power supply to the adapter (insert the DC plug into the product) and now your product is ready.



### **Control Panel Description**

- Before starting to use this product, please make sure that all of the following issues are resolved.
- Make sure the product is placed on a flat floor to avoid shaking.
- Plug in the correct power cord to ensure a stable power supply.
- “HR” will be shown on the left side of the display, press Start to use the product.

### **Operating instruction**



### Mode and speed display

- It will display the mode and speed, the default is HR (motorized mode).
- There are 2 modes, HR (motorized mode), and HF (resistance mode). The speed range is 1-10 levels.
- The display switches every 5 seconds.



### Lap and time display

- The initial display content is 0. The countdown starts from 9 minutes and 59 seconds after working. The lap display will increase from 0 to 9999.
- The display switches every 5 seconds.
- If power to the product is disconnected, the step display will return to 0.



- **Direction key:** You can change the direction of the pedal (forward or backward).
- **Start/Stop key:** Touch this key to start/stop the product.
- **Mode key:** Touch this key before powering on to select mode HR or HF.
- **+ key:** You can increase your speed/resistance by touching this key, the maximum is 10.
- **– key:** You can decrease the speed/resistance by touching this key, the lowest level is 1.

### Attention

1. Direction/Speed +/- only works in HR mode.
2. The Mode key can only be used when the product is ready and cannot be used to change the mode while the product is working.



3. The speed range is 1-10 levels.

## Remote control

### Start/Stop button:

Press to start/stop the product.

### Direction button:

Press this key to select the direction of the pedal. when the product works, the initial direction is forward.

### - key:

You can decrease your speed/resistance by touching this key, the minimum level is 1.

### Resistance Mode Key:

Press this key to enter resistance mode after restarting the machine.

### Motorized Mode Key:

Press this key to enter the motorized mode after restarting the machine.

### + key:

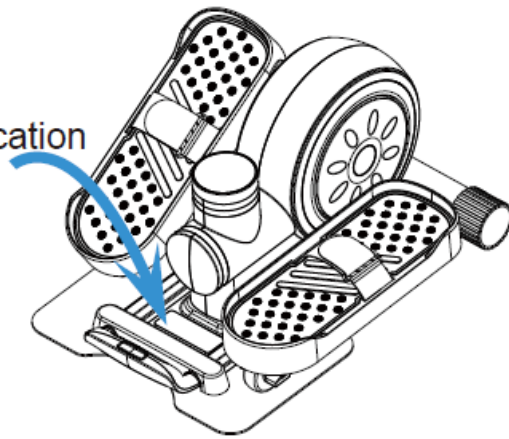
You can increase your speed/resistance by touching this key, the maximum level is 10.



- Operation is the same as the control panel.

**Note:** When replacing the battery, it is recommended to use the CR2025 button battery.

Magnetic remote control storage location



## APP Instructions for use

Scan the QR code on the right



[Http://ifitshow.com/qr](http://ifitshow.com/qr)



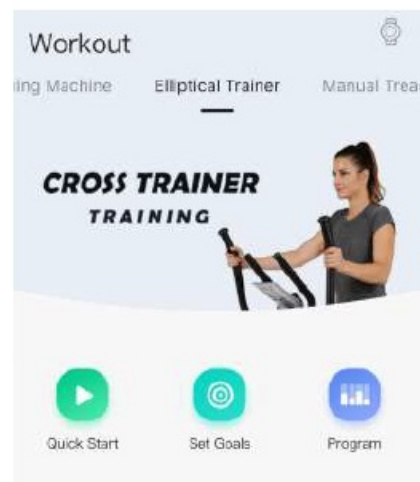
Then your device will switch to APP store, download and install this app, enter the app and set permissions.



To log in to the app, you can register using your phone number or email address.



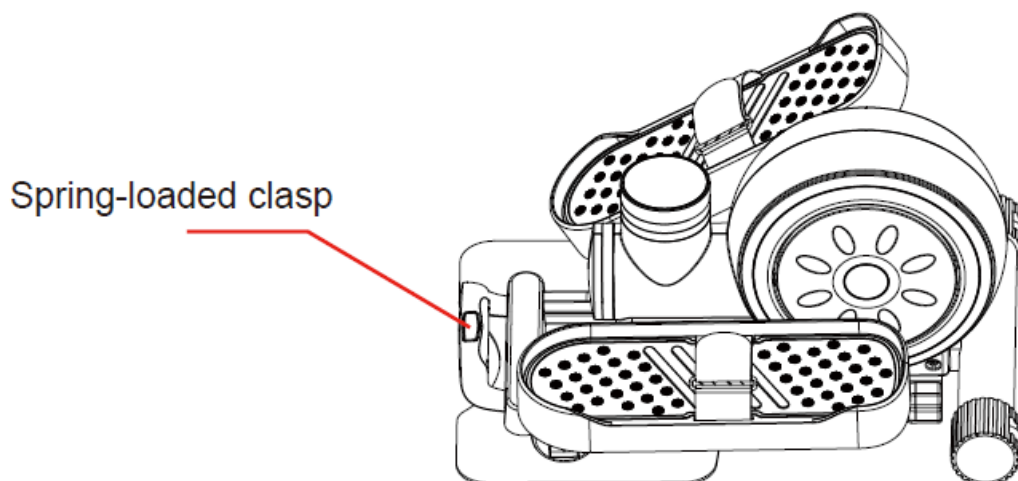
Select the Elliptical Trainer program and press Start to turn on the product.



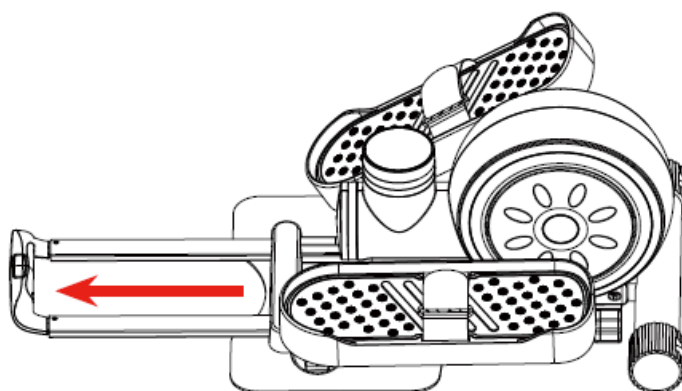
**Note:** Please use the correct phone number or e-mail address in case you forget your username and password. You can also use Kinomap APP.

## How to move products

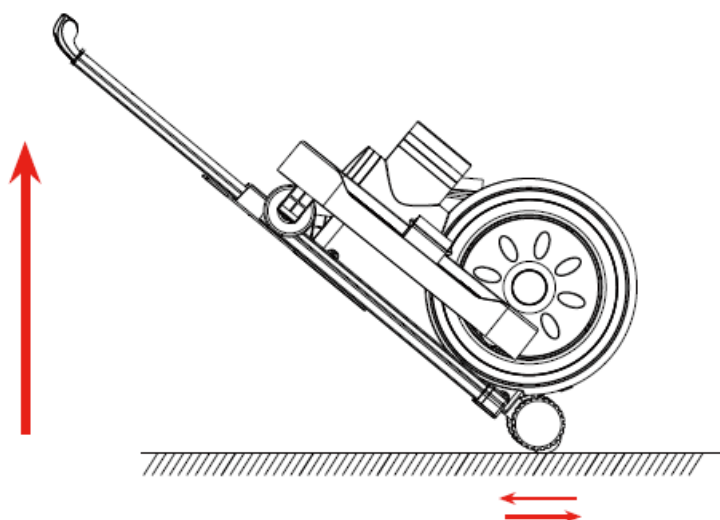
1. Press the spring-loaded clasp to pull the rod out.



2. Then loosen the spring-loaded clasp and pull the handle upward to move the product.



**As shown in the figure below**



### **Tips for use**

- This device is designed for seated use. Avoid standing on the pedals as it can cause serious injury.
- Make sure both pedals are securely fastened before use. Loose pedals can make noise, come loose, and pose a risk of damage or injury.
- Don't place the machine where it might impede movement. If you are experiencing problems with your knees

touching the table, consider:

- Adjust the height of your chair to lower your knees.
- Place the machine farther away to allow fuller extension of the legs and eventually lower the knees.
- Sit up straight and maintain proper posture when using an elliptical machine under a table, which helps strengthen your core muscles and benefits spinal health.
- Work out on your under-desk ellipse, taking full advantage of the matching dumbbells that target both your upper and lower body to ensure a comprehensive and well-rounded workout experience.

## Parameters

|                |  |
|----------------|--|
| Power          | 60W                                    |
| Input voltage  | 100-240V 50/60Hz                       |
| Speed range    | 1-10 levels                            |
| Mode           | HR(Motorized mode) HF(Resistance mode) |
| Direction      | Forward/backward.                      |
| Product size   | 508*345*280mm                          |
| Package size   | 560* 382* 330mm                        |
| Net weight     | 8.3KG                                  |
| Gross weight   | 9.8KG                                  |
| Extra features | APP/Infrared remote control            |

## FCC STATEMENT

(1)§ 15.19 Labelling requirements.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation.

Changes or modification warning

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Information to the user.

**Note:** This equipment has been tested and found to comply with the limits for a Class B digital device, according to part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used under the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

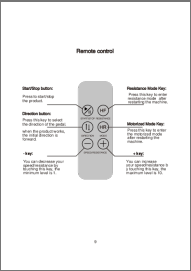
- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### RF warning for Portable device

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

According to §15.247(e)(i) and §1.1307(b)(1), systems operating under the provisions of this section shall be operated in a manner that ensures that the public is not exposed to radio frequency energy levels over the Commission’s guidelines. According to KDB 447498 (2)(a)(i)

### Documents / Resources

|   |  |
|---|--|
|  | <p><a href="#">JIUFENG JF-J-11 Stepper Remote Control</a> [pdf] Instruction Manual<br/> JF-J-11, JF-J-11 Stepper Remote Control, Stepper Remote Control, Remote Control, Control</p> |
|---|--|

### References

- [User Manual](#)

[Manuals+.](#) [Privacy Policy](#)

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