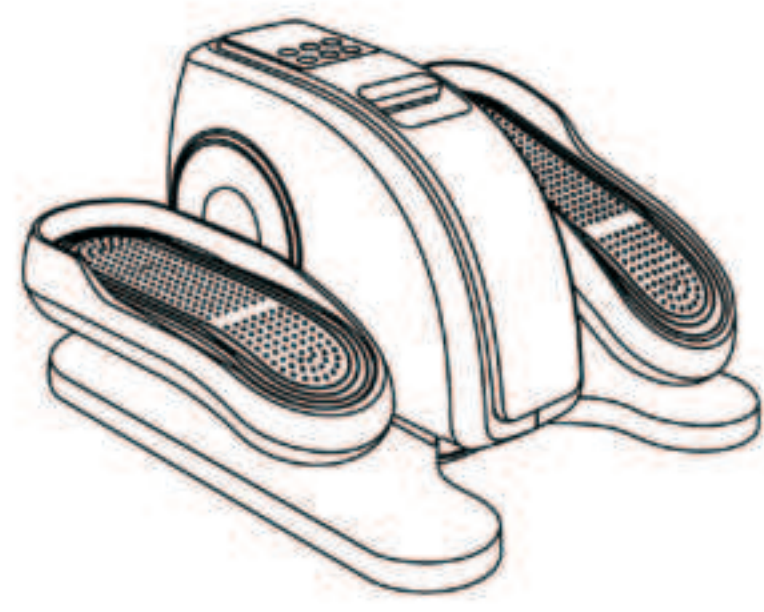
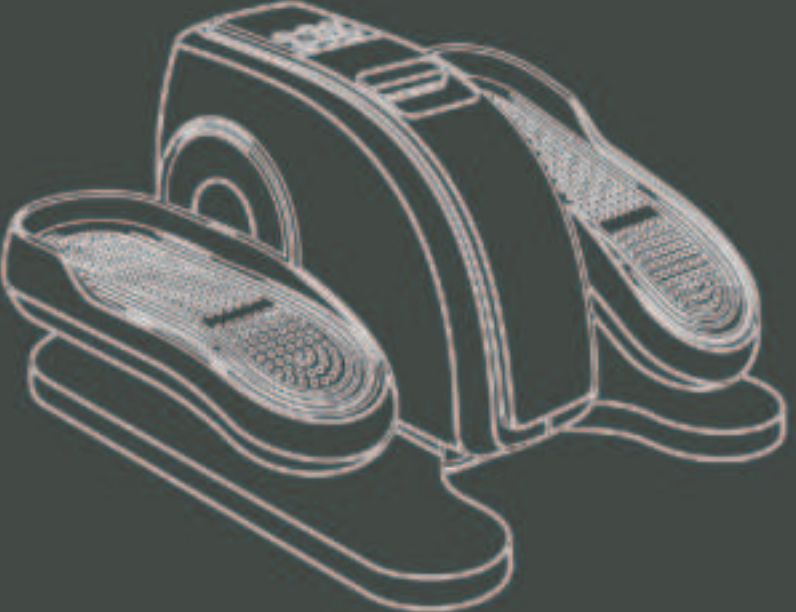




Under Desk Electric Elliptical Machine

Instruction Manual

TYJ-D12M-BK



Technical Support
(909)637-7665 | (909)637-7593

Other Info
HJ-Customer-Service@outlook.com

Thank you for choosing this product. We strive to provide you with the best quality products and service in the industry. Should you have any issues, please don't hesitate to contact us.

EST 9:00AM--17:00PM
HJ-Customer-Service@outlook.com
(909)637-7665 | (909)637-7593

Operating instructions when power is off or not plugged in:
You can use the Elliptical Trainer when it is not plugged in or when the power is off. The pedal can move forward easily, move backward is little hard.

Turn off the Device
Correct way to turn off the device: You must first reduce the speed by pressing the speed- button on the device or on remote control, then press "POWER" button on the device or "STOP" button on remote control to turn off the device completely.

CLEANING
Before cleaning, be sure to turn off and unplug from the power supply.
Do not use corrosive cleaning agents when cleaning the product. Use a dry cloth to clean the surface of the product. Do not let water enter.
This product must be kept dry and not exposed to direct sunlight.

TECHNICAL DATA

Under Desk Electric Elliptical Machine:
Max. power: 60W
Input Voltage: 100-240V, 50/60Hz
Working Voltage: 24V

SAFETY NOTICES

- PLEASE READ ALL INSTRUCTIONS BEFORE USING THIS APPLIANCE, AND RETAIN THESE INSTRUCTIONS FOR REFERENCE.
- This product is not intended for medical use. It is intended solely for Leg Exercise.
- Consult your physician before using this product if:
a. You are pregnant
b. You have been fitted with a pacemaker, an implant, or other medical aid
c. You suffer from diabetes
d. You have a circulatory disorder
e. You have any concerns about your health
- Elder or infirm persons should consult their doctor before using the product, even if they have no specific pre-existing conditions.
- Stop using the product immediately if you feel discomfort or pain.
- To avoid a short circuit, connect the device correctly and keep it away from metal (pins), rubbish and Water.
- Use the device on a level surface. If the device is not stable, it can tip over and cause injury.
- Remove the adapter from the power outlet when not in use.
- Store the device in its packaging for prolonged storage, or in a secure, dry and cool place.
- Do not place any other objects on the device.
- If the power cord is damaged, it must be replaced; this should only be done by an authorized and qualified person.
- Keep the product away from moisture. Do not use if the appliance or parts of it are wet or damp.
- Children younger than 8 years of age are to be kept away from the machine and the connecting cable.
- To avoid injury and irreparable damage, always sit while using the device. In order to avoid serious injury, never stand on the unit or use it with excessive force.
- Do not attempt to disassemble or repair the appliance. Repairs may only be carried out by a suitable qualified technician.

SAFETY NOTICES

The device is designed for use of the feet. The device is manpower and motorized passive workout solution that improves your blood circulation while seated at home or at work. Its gentle movement, using the same principles as walking, relaxes and prevents all type of health problem resulting from the lack of mobility and a sedentary lifestyle in a healthy and simple effortless way without any adverse effects on your health.

ATTENTION: For sensitive floor surfaces (eg. parquet) we recommend placing a film mat or carpet under the unit. This could prevent damage to and discolouration of your flooring.

Problem Solving
If you have problems when using this product, please refer to the following tips and possible solutions:

Status	Possible	Cause Solution
Product cannot be turned on.	Without power.	Make sure power cord is plugged in.
Product suddenly stops working.	1.Power failure. 2.Timer exceeded 30 min. 3.User's weight exceeds what is allowed on the pedal. Protection Action.	1.Check the power cord is plugged in. 2 Do not stand on the product or exceed its maximum use weight.
Remote control doesn't work.	1.Incorrect batteries installation. 2.Check if the product is in Auto Exercise mode. In Auto Exercise mode, the speed and direction can not be changed.	Select Manual Exercise mode to change speed and direction.

⚠ DANGER
Use the product only sitting, stand on the device may cause the pedal fall off or damage to the product.



MANUAL EXERCISE (HR)

- By default, the product starts in Manual Exercise (HR) mode. In Automatic programs mode, press until "HR" appears on the display. To use the Manual Exercise mode.
- When the SCAN and TIME lights on the screen are on, Press + SPEED - adjust the working time. After adjusting and confirming the time, Press to start the exercise.
- Once the device is moving, you can press to change the direction of the pedals. At this moment, the SCAN and SPEED lights on the screen are on, you can press + SPEED - to change the speed.

AUTOMATIC EXERCISE PROGRAMS

- Press once for "P1", twice for "P2", and three times for "P3".
- Automatic programs are designed around a training program, so the pedals moving at different speeds and directions depending on the selected program.
- In Automatic Exercise programs, you can adjust the time before operation, 20mins is just a default, but the speed and direction can not be changed.

Automatic Exercise Mode P1, P2, P3:

AUTOMATIC PROGRAM P1		
Daily Workout: For the group who like walking and patients or old people with mobility problems.		
SETTED TIME: 20 MINS	DIRECTION: Forward and Backward (Changes per 60 seconds)	SPEED RANGE: 1-2-3-4-5-6-4-3-2-1-cycle (Changes per 60 seconds)

AUTOMATIC PROGRAM P2		
Light Exercise: For office workers who lack of movement or elderly who need exercise at home.		
SETTED TIME: 20 MINS	DIRECTION: Forward and Backward (Changes per 60 seconds)	SPEED RANGE: 3-4-5-6-7-8-7-5-3-5-cycle (Changes per 60 seconds)

AUTOMATIC PROGRAM P3		
Intensive Training: For the people who want to burning calories and strengthen muscles.		
SETTED TIME: 20 MINS	DIRECTION: Forward and Backward (Changes per 60 seconds)	SPEED RANGE: 7-8-9-10-11-12-11-10-9-8-7-cycle (Changes per 60 seconds)

Operating Instructions for Control Panel:

Step 1: Plug in the power.
Plug in the device, enter Standby mode "----".

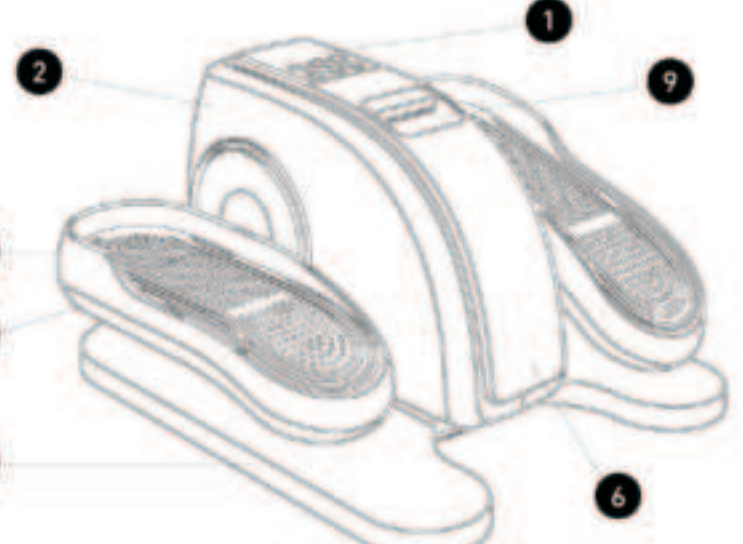
Step 2: Power on.
Press the POWER button, display will show settled working time 20mins. At this time, the SCAN and TIME lights on the screen are on, as shown in the figure.

Step 3: Adjust time.
When the SCAN and TIME lights on the screen are on, Press the SPEED+/- button on the Control Panel to adjust time from 20 mins to maximum 30 mins or minimum 5 mins. (The SPEED+/- button on the remote control control adjust the time).

Step 4: Adjust speed in Manual Exercise(HR mode).
After adjusted working time, press button POWER to start machine. By default, the product starts in Manual Exercise(HR), display will show speed 01 at first. When the SCAN and SPEED lights on the screen are on, press the SPEED+/- button at this time, you could adjust speed from 01 to 12.

Step 5: Switch to Auto Exercise (can't adjust speed in Auto Exercise).
Press MODE button to select Auto Exercise (P1, P2, P3) or switch to Manual Exercise (HR).

PRODUCT VIEW



- Panel
- Fuselage
- Pedal Upper Shell
- Pedal Under Shell
- Bottom Plate
- Curved Plastic Plate
- Power Cord
- Remote Control
- Handle-Remote Control Storage Area

Button Functions



REMOTE CONTROL

Power	Turn the product ON or OFF.
Start/Stop	Start or stop the product.
Speed +	Increase the speed. The buttons on this remote control can only adjust the speed, not the time.
Speed -	Reduce the speed. The buttons on this remote control can only adjust the speed, not the time.
INFO	Press this button to show SCAN, TIME, DISTANCE, SPEED, STEP and CALORIE in circles.
Direction	Press this button to change direction of pedal movement. Only available in HR Manual Exercise mode.
Mode	Select Auto Exercise (P1, P2, P3) or switch to Manual Exercise (HR).

Control Panel



POWER	Press this button to turn the unit ON or OFF. If it is hold down for a few seconds, it enters standby mode, "----" will be display on the screen.
SPEED +	Increase the speed. Before the device runs, when the indicator light on the electronic display screen lights up in TIME, pressing this button can increase the time, which can be manually set to 5-30 minutes. When the device is running and the indicator light on the electronic display screen lights up at SPEED, pressing this button can increase the speed, which can be manually set to 1-12.
SPEED -	Reduce the speed. Before the device runs, when the indicator light on the electronic display screen lights up in TIME, pressing this button can reduce the time, which can be manually set to 5-30 minutes. When the device is running and the indicator light on the electronic display screen lights up at SPEED, pressing this button can reduce the speed, which can be manually set to 1-12.
INFO	Press this button to change direction of pedal movement. Only available in HR Manual Exercise mode.
DIRECTION	Press this button to change direction of pedal movement.
MODE	Press this button to select Auto Exercise (P1, P2, P3) or switch to Manual Exercise (HR).