



MOTORIZED ELLIPTICAL TRAINER



MANUAL INSTRUCTION

Tips:

Thank you for your purchasing, please read the instructions carefully before using this product!

Q&A

Q:assembly required?

A:No assembly required.

Q:Is there a time limit the machine can be used each day?

A:The machine has no time limit and the interval is 30 minutes. When the machine is stopped, you can restart it.

Q:What is the weight of the trainer?

A:The weight of the trainer is about 14.8lb.

Q:What is the dimension of the machine?

A:The dimension of the machine is 17.3*13*8.7in.

Q:What is the dimension of the foot pedal?

A:The dimension of the foot pedal is 11.8*4.3in.

Q:Can you use it standing up?

A:For your safety,pls use it while sitting.

Q:What does the auto mode do?

A:There are three different modes, each mode for 30 minutes, but the direction and speed cannot be changed.

Q:What does the auto mode do?

A:There are three different modes, each mode for 30 minutes, but the direction and speed cannot be changed.

Q:What does the HR mode do?

A:HR mode can change the speed and direction.

Thanks for your purchasing!
Service Email: aodius@126.com

If you have any product quality problems, please feel free to contact us. We will reply to your email within 24 hours!

Safety Guidelines:

1. The rated voltage of the product is 220V, the rated power is 50W, and the exercise time is 30 minutes once.
2. After use or before cleaning, please power off.
3. During use, please do not cover the machine to avoid malfunction or damage caused by overheating of the motor.
4. During use, please do not twist the wire to avoid damage to the wire and cause a short circuit.
5. During use, if any discomfort occurs, please stop using it and see a doctor in time.
6. Please use the built-in handle to move the machine.
7. Do not use if the product is damaged.
8. This product is not intended for therapeutic use.
9. Keep away from children.
10. Please use this machine in a dry room.
11. Please keep away from fire and water.
12. Please store the product in a cool room.
13. If there is a power surge during use, please stop using this product.



WARNING

- Do not stand on the machine.
- If you have special diseases, please consult your doctor before use.
- Careful children during use and avoid them touching the machine.

PART LIST:



CONTROL PANEL:



REMOTE CONTROL: 2*AAA 1.5V Battery(Not Included)



OPERATING INSTRUCTION

1. Plug in the elliptical.
2. Press " POWER " to start the device.

Auto Exercise Mode(P)

Function: Press this button once for P1 Mode, Twice for P2 Mode, Thrice for P3 Mode.

The pedals will work at a different speed and direction on different Auto Models.

Speed and Direction cannot be changed in the preset working programs

Manual Exercise Mode (HR)

Function: Press this button until HR shows, Elliptical Trainer will work as Manual Model.

There are 5 Speed levels and each speed below

01:1.5KM/H,02:2.5KM/H,03:3.5KM/H,04:4.5KM/H,05:5.7KM/H

Direction: Press it to switch the working direction. Only available on HR Mode

Speed: Press it to increase or reduce speed like 01,02,03,04,05. Only available on HR Mode Mode:

Press it to switch display for Scan,Time,Distance,Speed,Counter,Calorie.

Tip:

The elliptical automatically shuts off after 30 minutes. When there is 1 minute remaining, the elliptical will beep.

Display on Control Panel

Scan	Press the MODE button until the " SCAN " light appears on the screen; the screen will automatically explore the value of each function every five seconds.
Time	Press the MODE button until the " TIME " light appears on the screen; the screen will show the actual length of time of training (Minute/Second)
Distance	Press the MODE button until the " DISTANCE " light appears on the screen; the screen will show the Walking Distance(Meter)
Speed	Press the MODE button until the " SPEED " light appears on the screen; the screen will show the Current speed
Counter	Press the MODE button until the " COUNTER " light appears on the screen; the screen will show the Accumulated number of turns.
Calorie	Press the MODE button until the " CALORIE " light appears on the screen; the screen will show the Current calorie

WHEN POWER IS OFF OR NOT PLUGGED IN: OPERATING INSTRUCTIONS

You can use the elliptical trainer when it is not plugged in or when the power is off.

You can pedal forward or backward directly.

PRODUCT CARE

Storage

When not in use, place the product into the box and place in a dry, ventilated, cool area.
Do not twist the power cord.
Do not place product in direct sunlight or heat.
Do not store where there is high humidity, such as bathrooms.

Cleaning

Before cleaning, make sure to turn power off and unplug the power cord.
Use a damp cloth or mild detergent to clean the surface of the product.

TROUBLE SHOOTING

If you have problems when using this product, refer to the following tips and possible solutions.

Status	Possible Cause	Solution
Product doesn't turn on	Not powered	Make sure power cord is plugged in
Product suddenly stops operating	1.Power failure 2. Timer exceeded 30 minutes. 3.Continuous use time is too long, overheat protection 4.Beyond Max User Weight to stand on pedal. Protection Action	1.Check the power cord is connected 2.Press the Power button to turn the machine on 3. Let the product cool down, then turn power back on 4.Don't stand on or not Beyond user weight