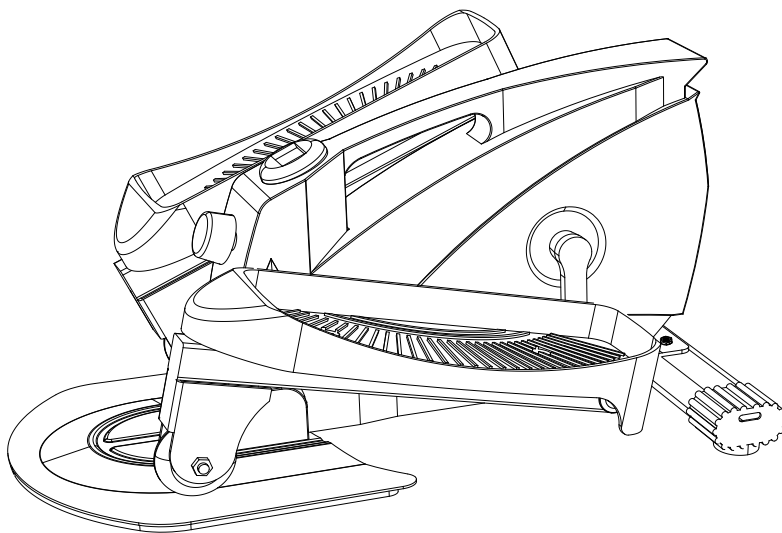




Elliptical Machine Instruction Manual

V1.0



Model:PCPE01

Thank you for choosing this PERLECARE product! At PERLECARE we strive to provide you with the best quality products and services in the industry. Should you have any issues, please don't hesitate to contact at supportus@perlecare.net(US/CA)

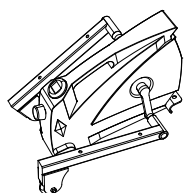
IMPORTANT SAFETY INFORMATION

• Please carefully read the instructions before attempting installation. If you do not understand the instructions or have any concerns or questions, please contact our customer service at supportus@perlecare.net.

CAUTION: To avoid potential personal injuries and property damage!

- Do not use this product for any purpose that is not explicitly specified in this manual. Do not exceed weight capacity. We are not liable for damage or injury caused by incorrect assembly or inappropriate use.
- The maximum load is 265lbs(120KG). It is recommended to use the machine under the desk if the user beyonds the maximum load. Please be careful if you use the machine in standing position.
- The user must be above 14 years old. Children from 14 to 18 should use the product under adult's supervision.
- Be sure all nuts and bolts are tightened prior to use.
- Use with caution when getting on or off the product.
- Before use the machine, please consult your doctor if you are available to use it and listen to their suggestion.
- If you feel faint, light-headed or dizziness while operating the product, stop exercising immediately. You should also stop exercising if you are experiencing pain or any kind of discomfort.
- Always use this product on a clear and level surface.
- It is recommend to wear sportswear when using this product. Keep loose clothes, jewelry, limbs and long hair away from moving parts.
- Keep children and pets away from the product at all times.
- Use dry or wet cloth to clean the machine.
- If the machine starts squeaking, use a small amount of oil [A] (found in the package). Use a Q-tip and put a tiny amount of oil on the wheel or the iron plate beneath the wheel.

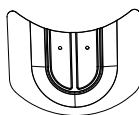
Supplied Parts and Hardware



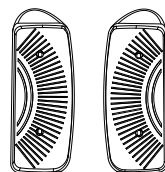
01 X1



02 X1



03 X1



04 X1



Lubricating
Oil
A X1



B X2



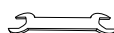
C X2



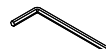
D X4



E X2



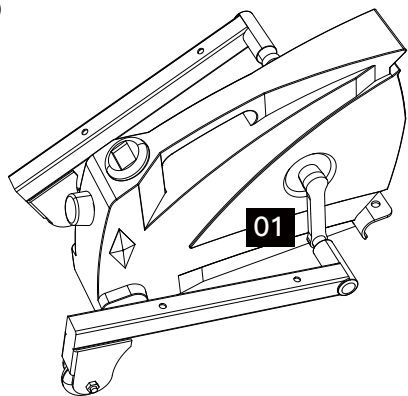
F X1



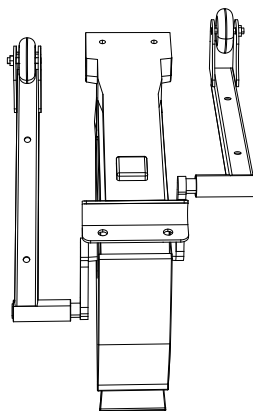
G X1

Step 1

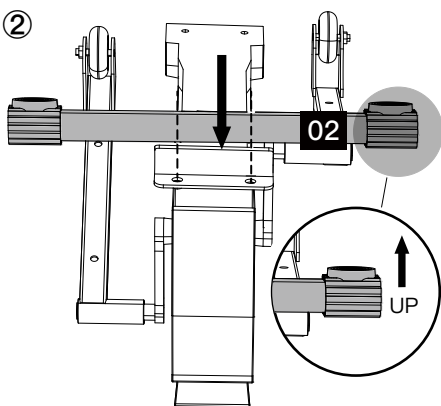
①



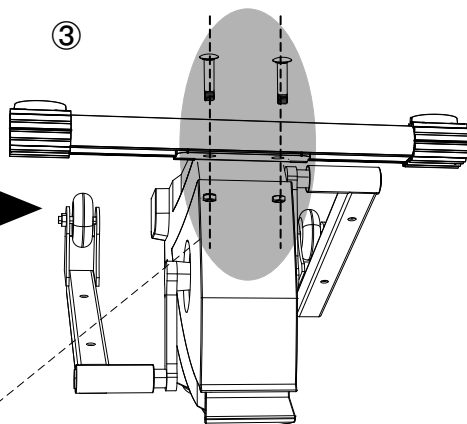
Turn
upside
down



②



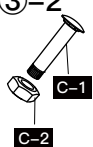
③



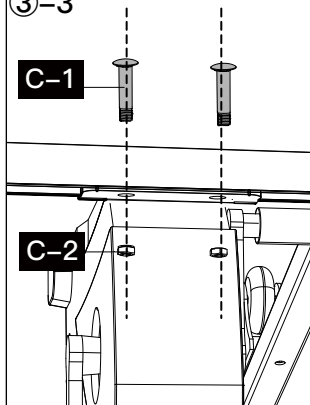
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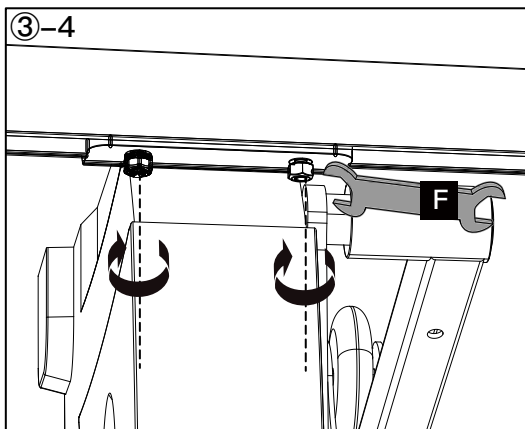
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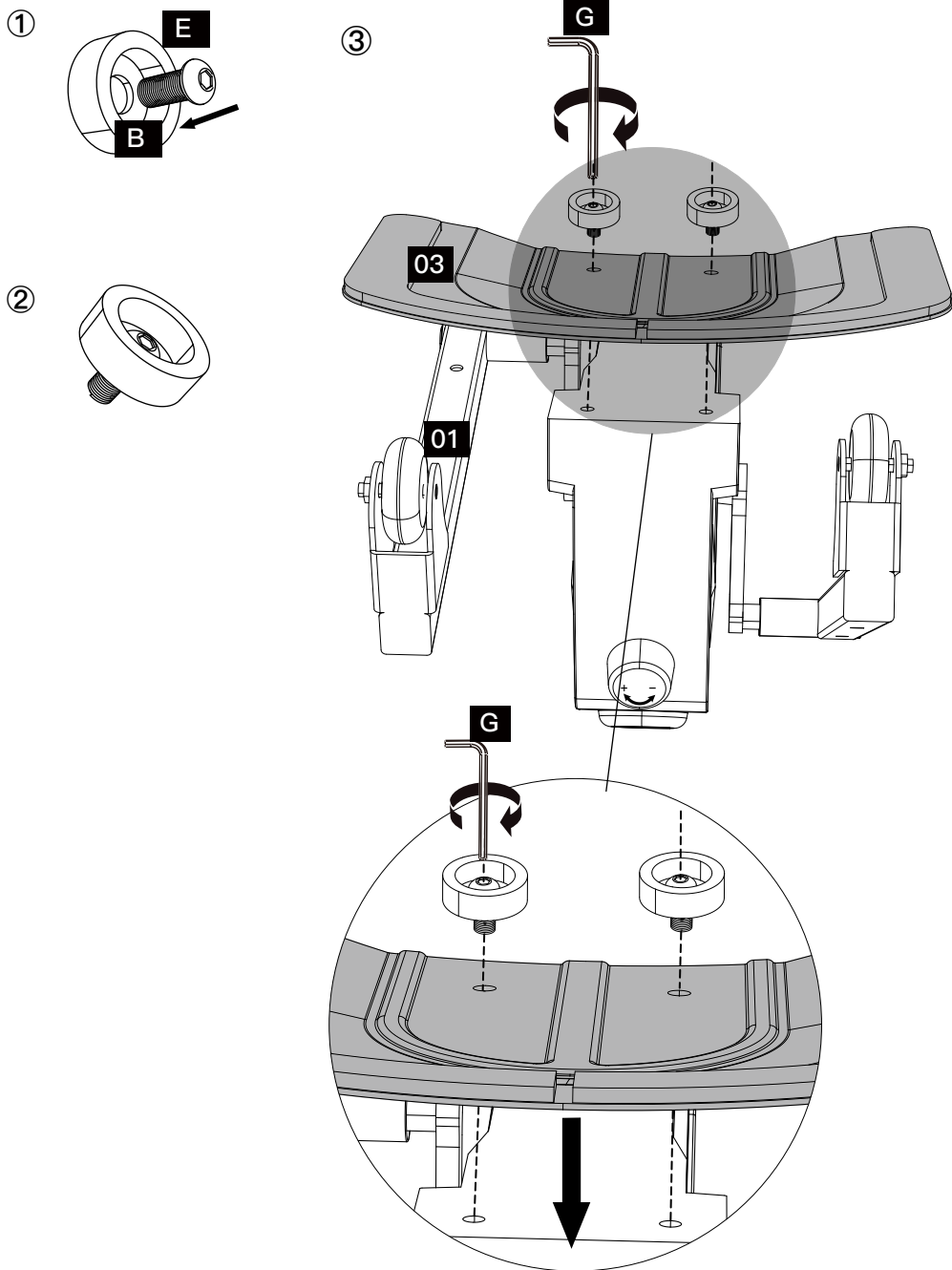
③-3



③-4

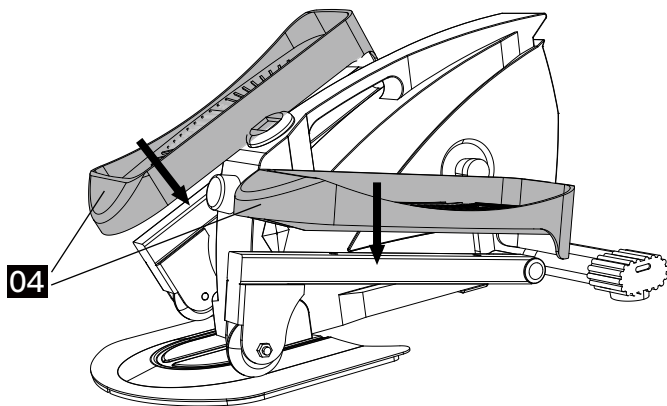


Step 2

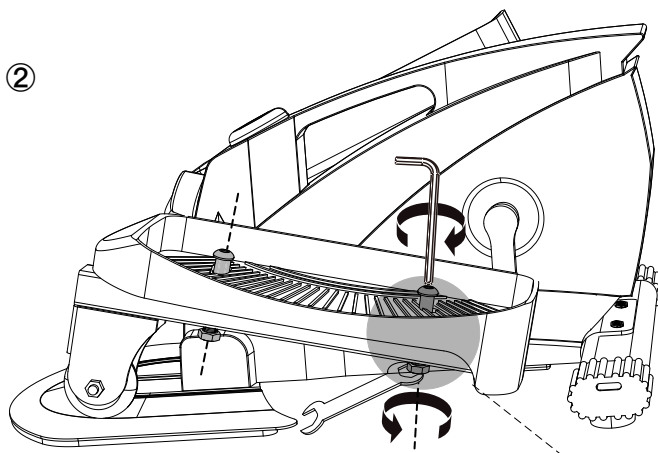


Step 3

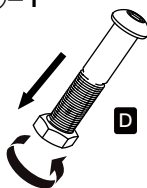
①



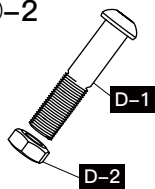
②



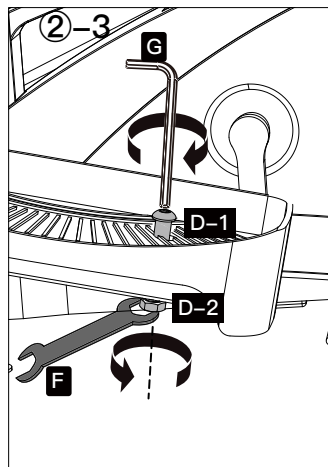
②-1



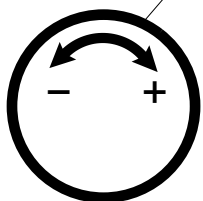
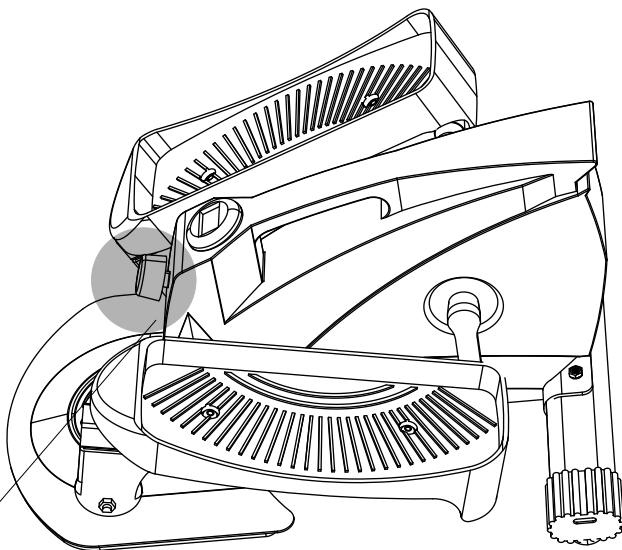
②-2



②-3

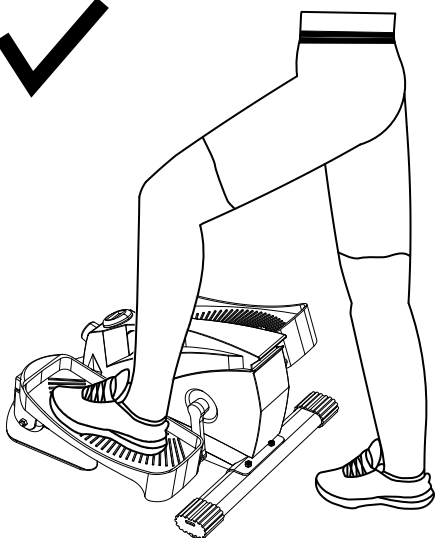


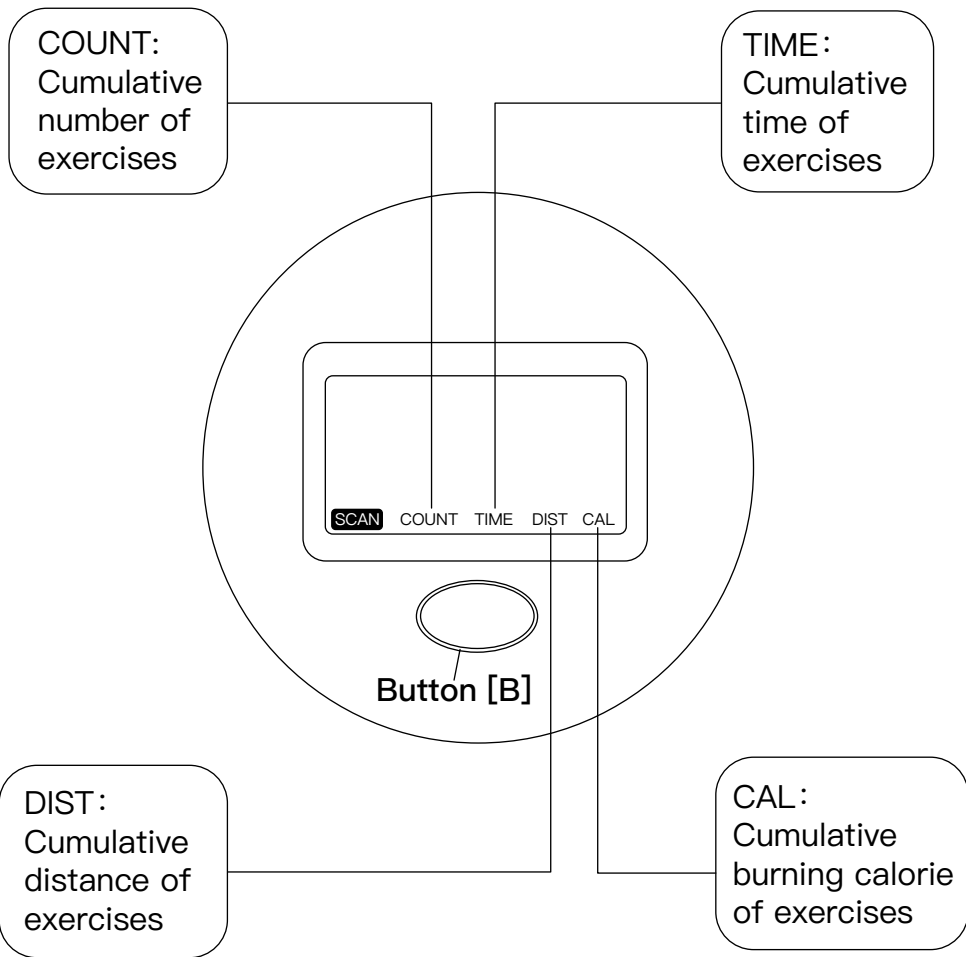
Button Introduction



Turn the knob anti-clockwise to reduce the tension.
Turn the knob clockwise to increase the tension.

Warning!

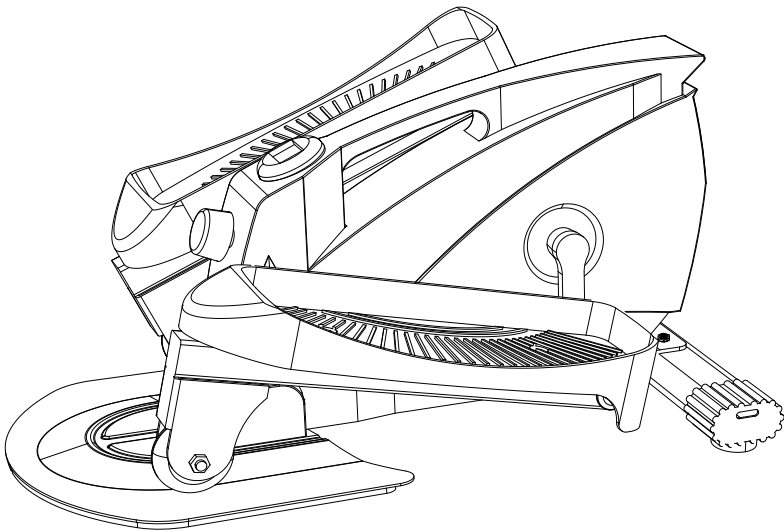




Short press the button [B] for two times, the [SCAN] icon will flash, and the screen will display circularly: COUNT, TIME, DIST, CAL.

Long press the button [B] to clear all datas.

**Thank you again for
choosing this PERLECARE product!**



All of us at PERLECARE do appreciate your product purchase. We hope that you are as happy with your product as we are designing and manufacturing it for you. We strive to provide you with the best quality products and services in the industry. Should you have any issues, please don't hesitate to contact us at supportus@perlecare.net(US/CA)