

Niceday CT11 Elliptical Exercise Machine



# Niceday CT11 Elliptical Exercise Machine User Manual

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# Niceday

**Niceday CT11 Elliptical Exercise Machine**



## IMPORTANT SAFETY INFORMATION

For correctly assembled and safe use, please read all cautions carefully.

1. Please read this manual entirely before assembling and using this equipment. Safe use of proper assembly, maintenance, and use of the equipment. Please ensure that all users are clear of the precautions for this equipment.
2. Before using this equipment, please consult your doctor to determine if your health meets the conditions to use this equipment.
3. Incorrect or excessive exercise will affect your health. Please pay attention to the body signals.
4. Keep pets and young children away from the equipment.
5. Before moving the equipment, please tightly lock the vertical tube with the connecting bolt.
6. Warm-up stretching is recommended before exercise.
7. Put this equipment on a solid and flat floor. And make sure there is no barrier affecting the equipment running.
8. Before using, please tighten all screws and bolts.
9. To extend the equipment's used life, please inspect and tighten the screws and bolts regularly. And contact the seller to replace the damaged parts in time.
10. Always use the equipment following the user manual. If you find any defective components or unusual noises during the exercise, please stop using the equipment and contact the seller.
11. The recommended user weight is 400. The user's age should be over 13.
12. Please wear suitable clothing when using this equipment. Loose or dangling clothing is not recommended
13. It is forbidden to place fingers or objects into the moving parts.
14. Please store this equipment in a cool and dry environment and don't leave it in extremely cold, hot, or damp

areas to avoid product damage.


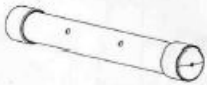

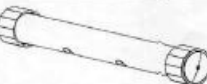














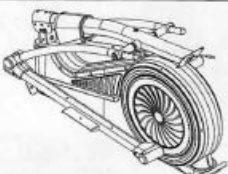




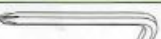

15. This equipment is suitable for home and office use only. Please do not use it for public or commercial purposes.

## PARTS LIST

Before assembling the product, please inventory the received parts according to this list. If any parts are damaged or missing, please kindly contact the seller to get free replacements.

1. **Service email:** [nicedayfitness@outlook.com](mailto:nicedayfitness@outlook.com)

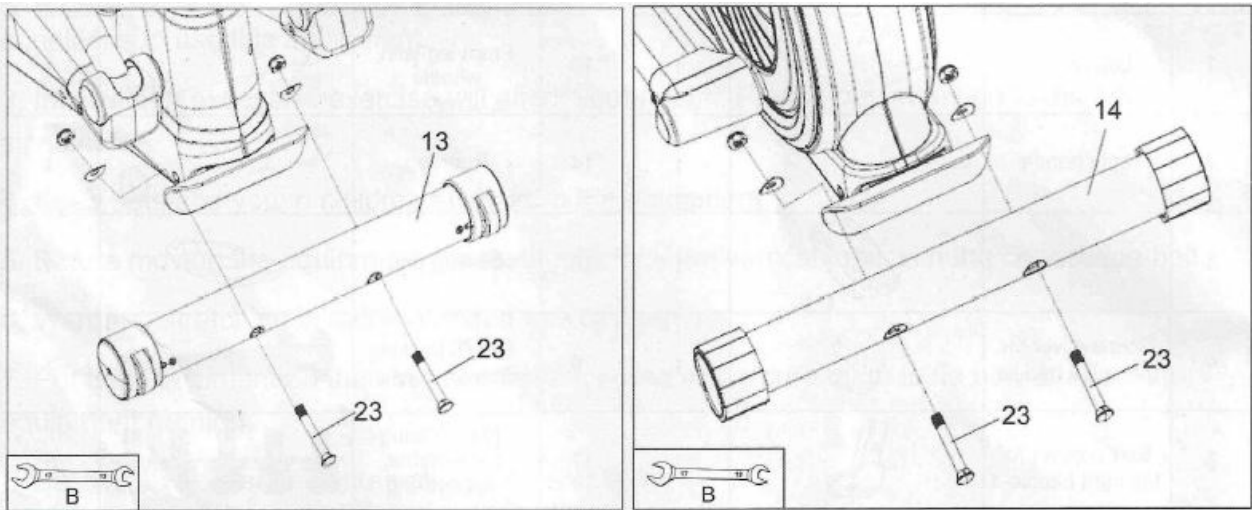
2. Bolts in the green mark have been pre-assembled to related parts.

NO.	Name	Parts	QTY	NO.	Name	Parts	QTY
1	Left handle		1	13	Front leg-with wheels		1
2	Right handle		1	14	Rear leg		1
3	Digital watch		1	15	Sealing ring		1
4	Screw cover for the pulse handle		1	16	M8*78 Locking bolt+nut+washer		1
5	Screw cover for the right handle-1		1	17	M8*20 fixing bolt+washer+rubber ring		5
6	Screw cover for the right handle-2		1	18	M8*30 Screw		2
7	Screw cover for the left handle-1		1	19	M5*10 Screw		4
8	Screw cover for the left handle-2		1	20	M8*42 bolt +nut+washer		4
9	Pulse handle		1	21	M4*16 Screw		4
10	Main frame		1	22	M8*42 bolt+nut		4
11	Left pedal		1	23	M10*70 bolt +nut+washer		4
12	Right pedal		1	24	Tools	A  B 	1

## ASSEMBLY INSTRUCTIONS

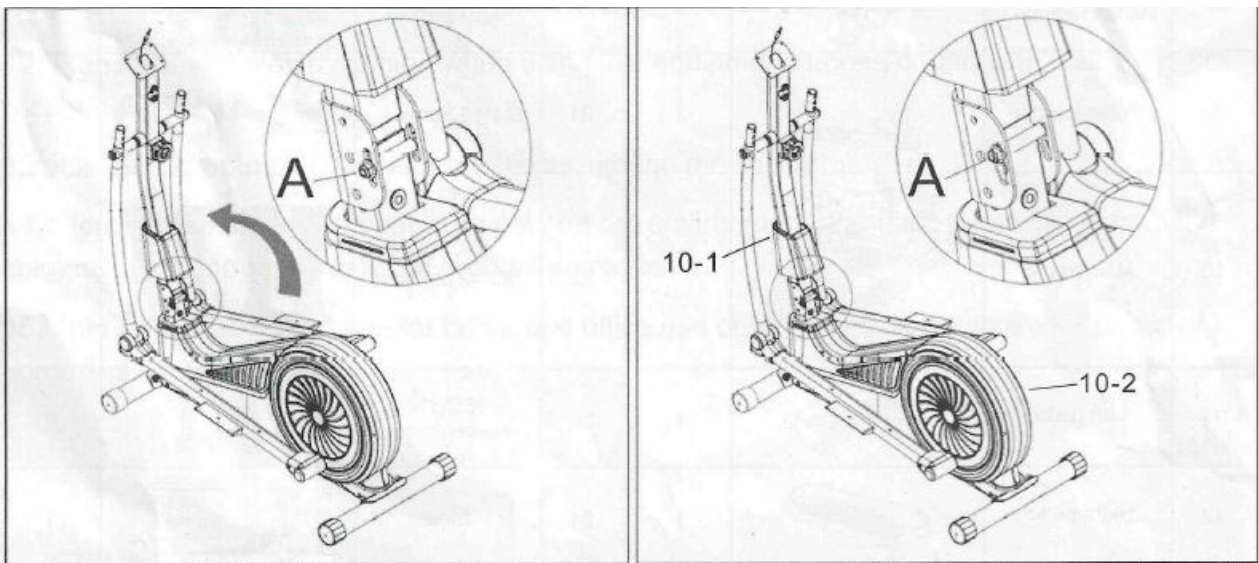
**STEP 1 : Assemble the Front leg tube(13) and the Rear leg tube(14)**

1. Remove the pre-assembled M10\*70 bolts (23) from the Leg tubes 2, Connect the leg tubes to the Mainframe (10) with the M10\*70 bolts(23).
2. The square bolt ends should snugly inserted into the square holes on the leg tubes.



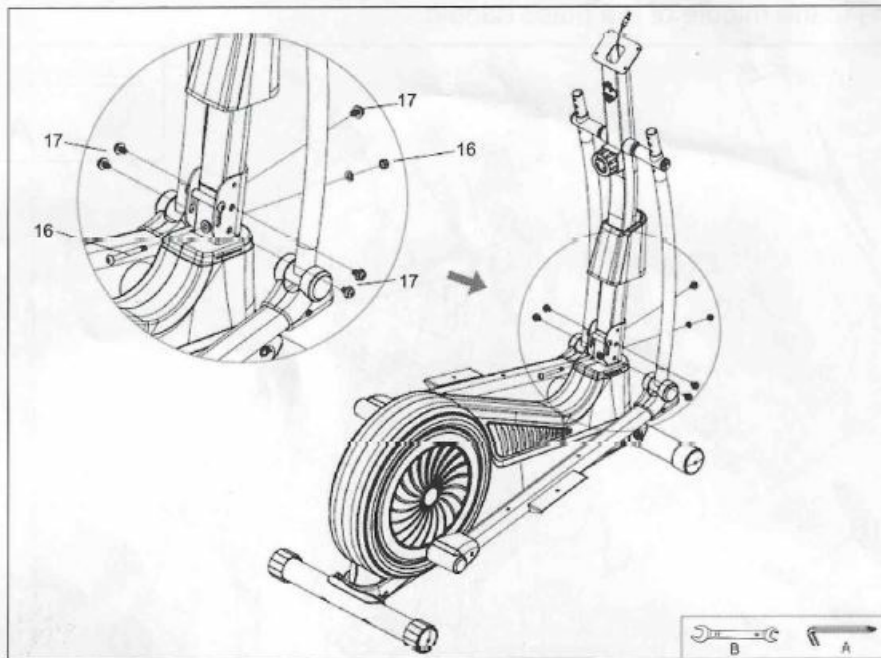
## STEP 2: Unfold the vertical tube from the mainframe(10)

Unfold the vertical tube(10-1 ) from the mainframe(10). Insert the vertical tube(10-1) into the base tube(10-2). Bolt A should stay on top of the elliptical groove at last.

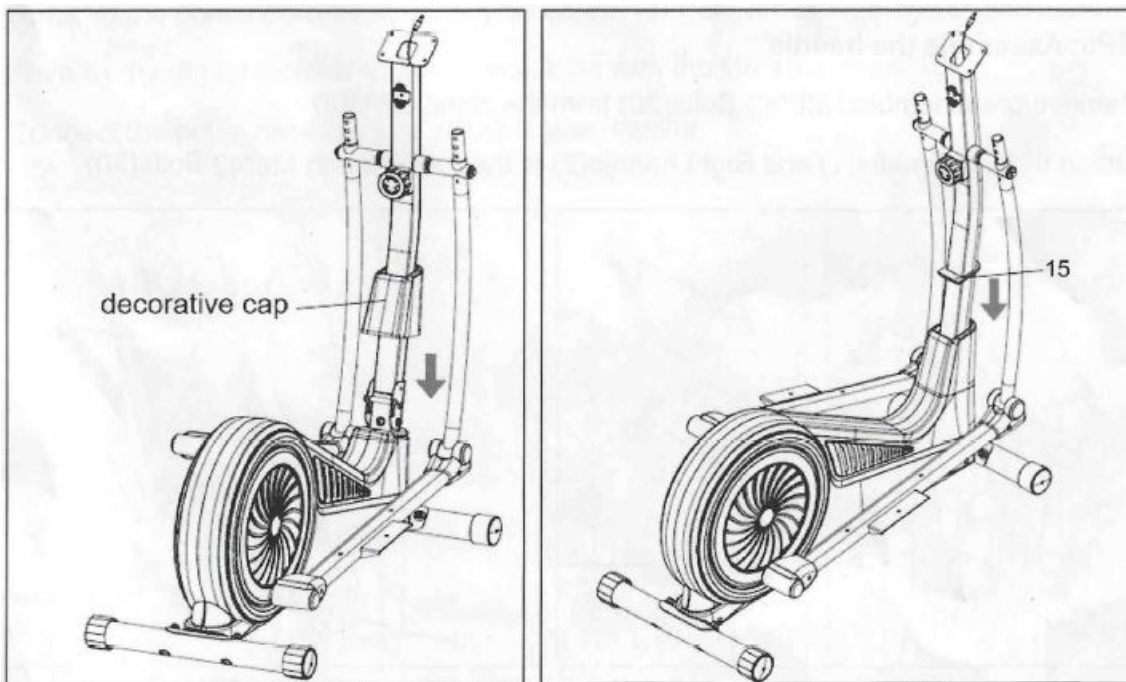


## STEP3: Locking the vertical tube via the M8\*78 Bolt(16) and the M8\*20 Screws(17).

**Note:** Please tighten all bolts and screws of this position thoroughly. The screw's insufficient tightening will cause squeaking noise during use.

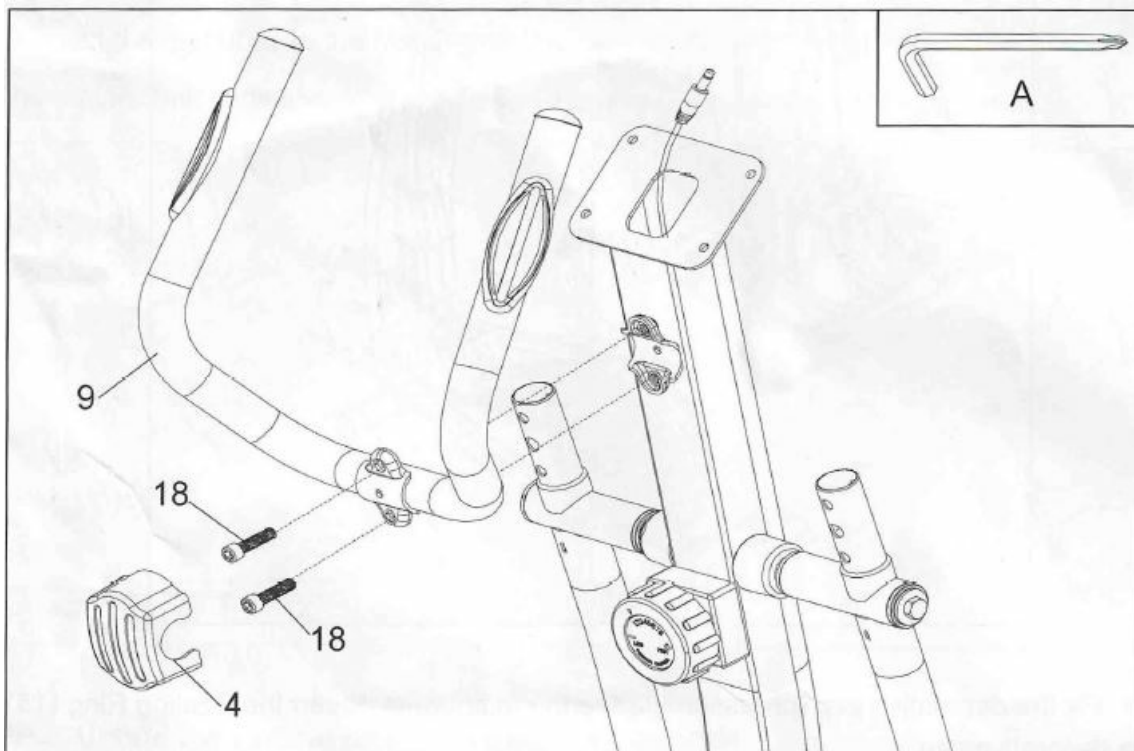


**STEP 4:** Fix the decorative cap (preassembled) to the mainframe. Insert the Sealing Ring (15) into the decorative cap.



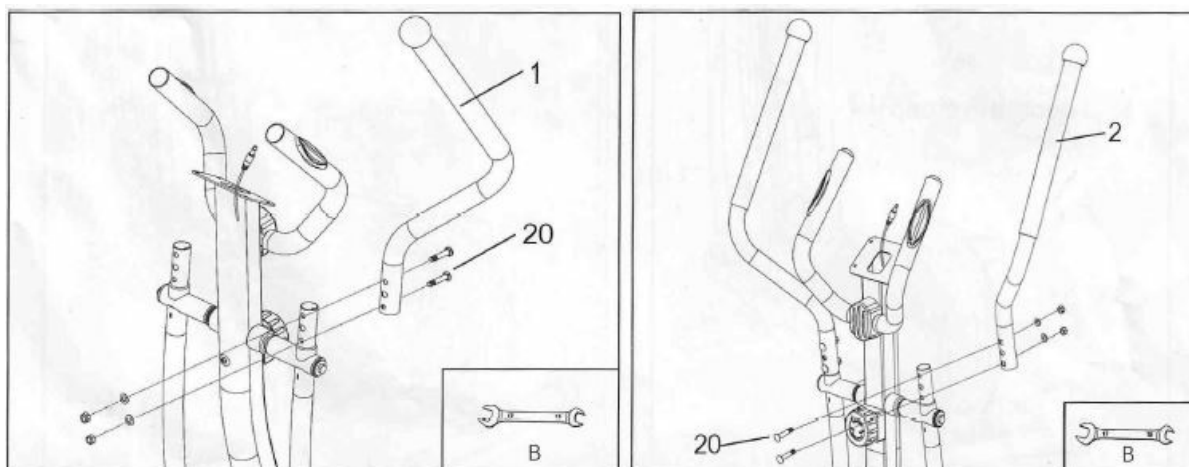
**STEP5: Attach the Pulse handle(9)**

- Remove the preassembled M8\*30 Screw(18) from top of the vertical tube.
- Attach the Pulse handle(9) to the vertical tube with the M8\*30 Screw(18). Press the Screw cover(4) to the middle of the pulse handle.



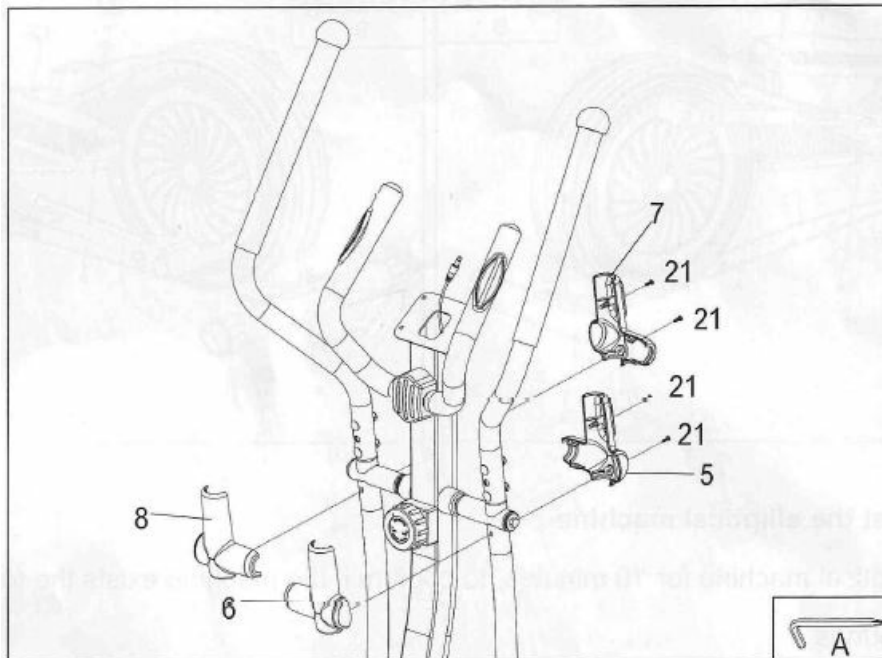
#### STEP6: Assemble the handle

- Remove preassembled M8\*42 Bolts(20) from the Handles(1 )(2).
- Attach the Left handle(1 ) and Right handle(2) to the rockers with M8\*42 Bolts(20).



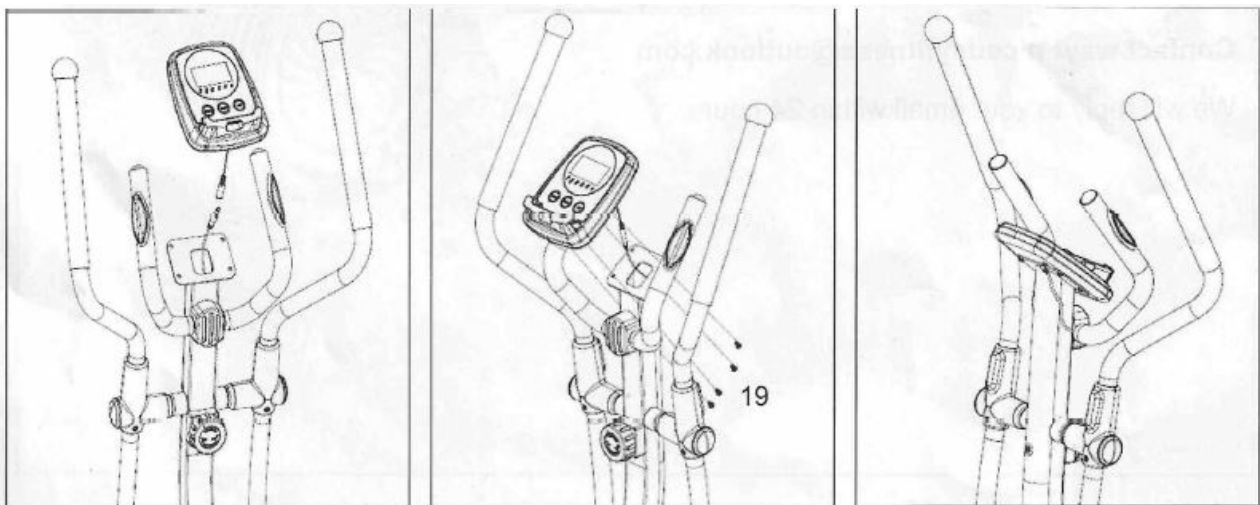
#### STEP7: Assemble the Screw covers for the handles.

Attach the Screw covers (5,6,7,8) to the connection position of the handles and the rockers, then fix them with the M4\*16 Screw (21 ).



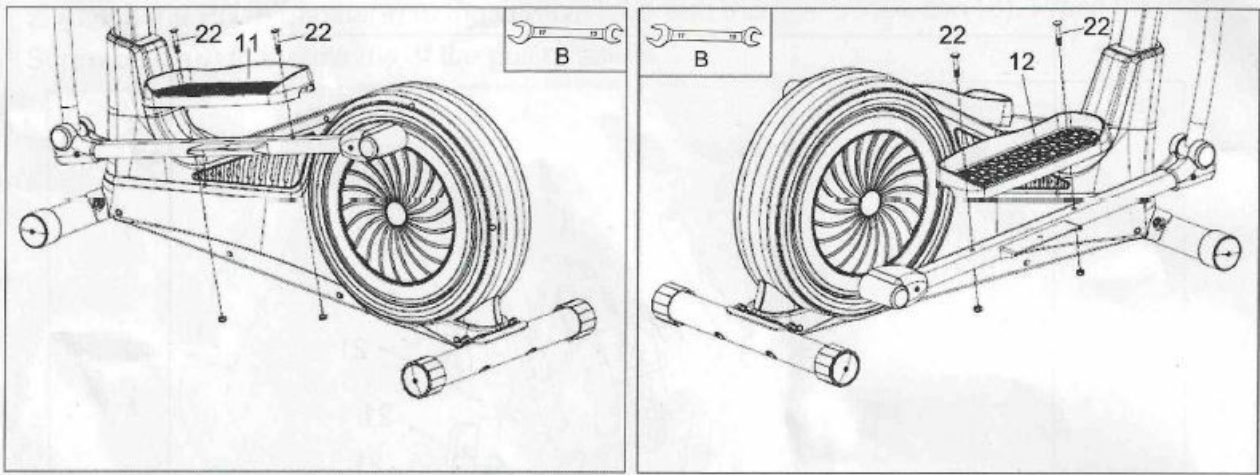
### STEP8: Assemble the Digital Monitor (3)

- Connect the digital monitor to the induction wire.
- Remove the preassembled screw M5\*10 Screw(19) from the back of the Digital monitor.
- Then fix the digital monitor to the vertical tube with the M5\*10 Screws (19).
- Connect the pulse handle's wire to the digital monitor.



### STEP 9: Assemble the Pedals.

Attach the Left and Right Pedals (11,12) to the pedal support tube with M8\*42 Bolts(22).



## STEP 10: Test the elliptical machine

Pedal the elliptical machine for 10 minutes, to confirm if the machine exists the following issues.

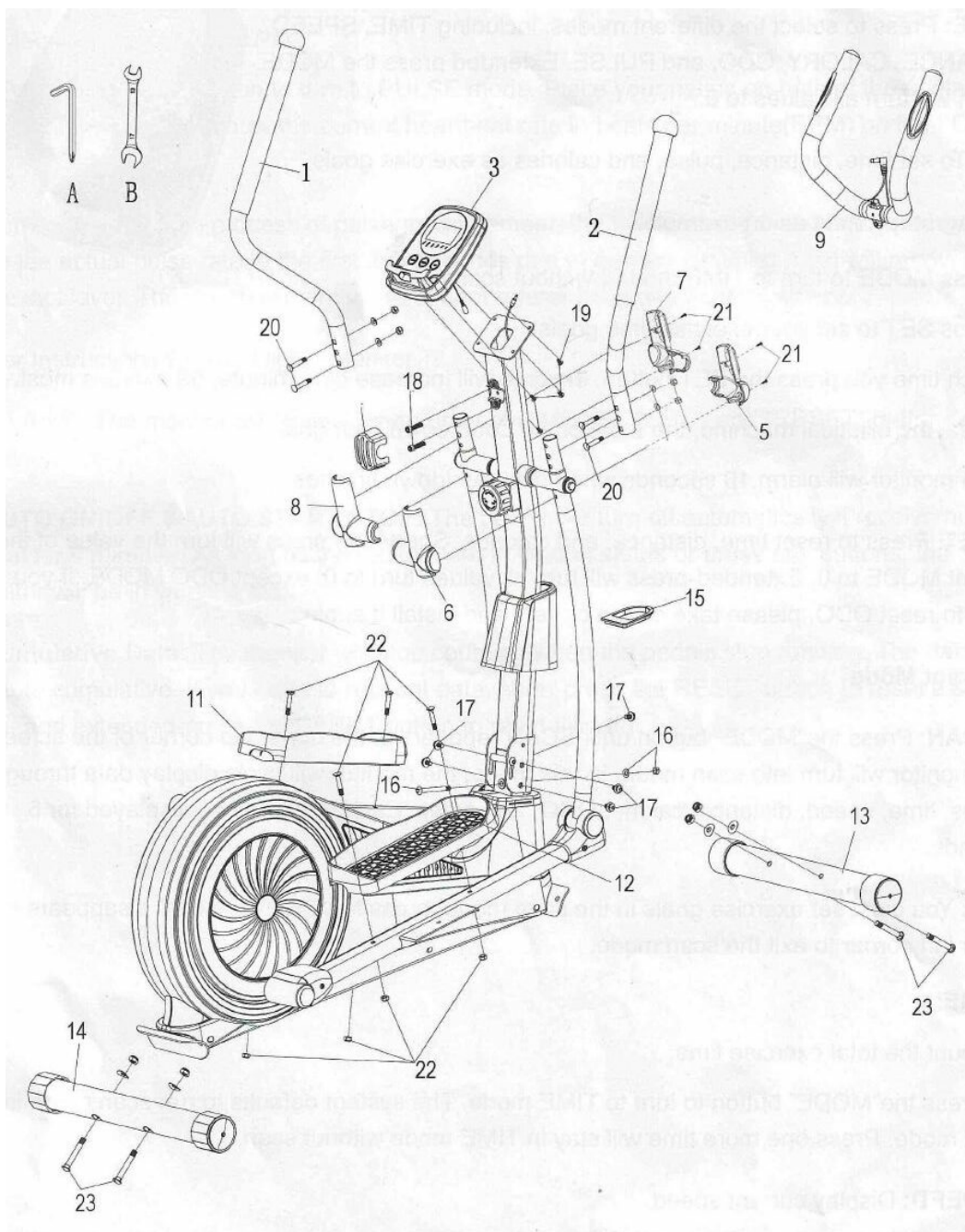
- Strange sounds
- Unfluent moving
- Digital monitor showing issue

Contact the seller if you met any of the above issues.

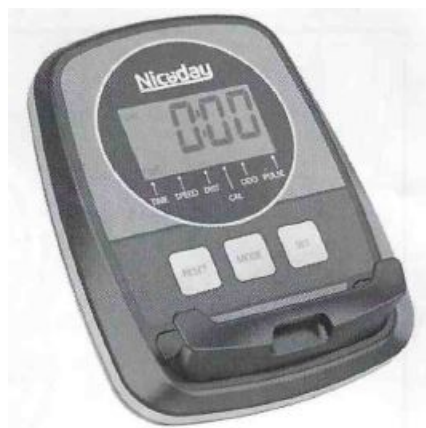
- Contact way: [nicedayfitness@outlook.com](mailto:nicedayfitness@outlook.com)
- We will reply to your email within 24 hours.

## ASSEMBLY INSTRUCTIONS

### Exploded View



## DIGITAL MONITOR INSTRUCTIONS



### Button's Function

- **MODE:** Press to select the different modes, including TIME, SPEED, DISTANCE, CALORY, ODO, and PULSE.

An extended press of the MODE button will turn all values to 0.

- **SET:** To set time, distance, pulse, and calories as exercise goals.
- **Setting step:** Time as an example.
  - Press MODE to turn to TIME mode ( without scan).
  - Press SET to set your exercise time goals.
  - Each time you press the SET button, the time will increase by 1 minute, 99 minutes at most.
  - Pedal the elliptical machine, the monitor will countdown your goal.
  - The monitor will alarm 10 seconds when the countdown finishes.
- **RESET:** Press to reset time, distance, and calories. The short-time press will turn the value of the current MODE to 0. Extended-press will turn all values to 0, except ODO MODE. If you need to reset ODO, please take off the battery and install it again.

## Different Mode

- **SCAN:** Press the“MODE” button until“SCAN” appears in the upper left corner of the screen. The monitor will turn into scan mode. In this mode, the monitor will cycle display data through 6 modes, time, speed, distance, calorie, ODO, and pulse. Each mode will be displayed for 6 seconds.

**Note:** You can't set exercise goals in the scan mode, press MODE until “scan” disappears in the upper left corner to exit the scan mode.

## TIME

Count the total exercise time.

Press the“MODE” button to turn to TIME mode. The system defaults to run scan mode in TIME mode. Press one more time and will stay in TIME mode without scan.

- **SPEED:** Display current speed.
- **DIST:** Count the total distance of exercise
- **CAL:** Count the total calories for the whole exercise period.
- **ODO:** Count the total distance within one battery capacity running period.
- **PULSE:** Measure the current pulse.

Press the MODE button to turn to PULSE mode. Place your palms on both of the contact pads. The monitor will show the current heartbeat rate in beats per minute(BPM) on the LCD after 6-7 seconds.

”Remark: During the process of pulse measurement, the measurement value may be higher than the actual pulse rate in the first 2-3 seconds due to contact jamming, then will recover to the exact level. The measurement value cannot be referenced for medical treatment.

## Other Instructions for The Digital Monitor

- **ALARM:** The monitor will “Beep” when pressing the“MODE”, “SET”, and “RESET” buttons together.
- **AUTO ON/OFF &AUTO START/STOP:** The power will turn off automatically if receive no signal for 4 minutes. As long as the rockers are in motion status or press any buttons, the monitor will be in working status.

- **Cumulative Data:** The monitor will stop counting when the pedals stop running. The data will be auto-cumulative. If you need to recount data, short-press the RESET button to reset a single data, and extended-press the RESET button to reset all data.

## Frequently Asked Questions

Is the Niceday CT11 Elliptical Exercise Machine suitable for all fitness levels?

Yes, the Niceday CT11 Elliptical Exercise Machine is designed for users of all fitness levels, from beginners to advanced. Its adjustable resistance levels and an ergonomic design provide a customizable workout experience.

What safety precautions should I follow when using the Niceday CT11 Elliptical Exercise Machine?

Please read the provided safety information carefully before assembling and using the equipment. It's essential to consult your doctor before starting any exercise regimen, especially if you have pre-existing health conditions. Additionally, keep pets and young children away from the equipment, wear suitable clothing, and avoid placing fingers or objects into moving parts.

Can I adjust the resistance levels on the Niceday CT11 Elliptical Exercise Machine?

Yes, the machine comes with adjustable resistance levels to customize your workout intensity. You can increase or decrease the resistance to suit your fitness goals and preferences.

How do I use the digital monitor on the Niceday CT11 Elliptical Exercise Machine?

The digital monitor displays essential workout metrics such as time, speed, distance, calories burned, pulse rate, and more. You can set exercise goals, reset data, and switch between different modes using the buttons on the monitor. Follow the instructions provided in the manual for detailed guidance on using the monitor effectively.

What should I do if I encounter any issues with the Niceday CT11 Elliptical Exercise Machine?

If you experience any defective components, unusual noises, or other issues during exercise, stop using the machine immediately and contact the seller for assistance. They will provide support and guidance to resolve any issues promptly.

Can I use the Niceday CT11 Elliptical Exercise Machine for commercial purposes?

No, the machine is suitable for home and office use only. Please do not use it for public or commercial purposes to ensure its longevity and optimal performance.

How do I maintain and care for the Niceday CT11 Elliptical Exercise Machine?

Regularly inspect and tighten screws and bolts to ensure the machine's stability and longevity. Store the equipment in a cool, dry environment and avoid extreme temperatures or moisture to prevent damage. Follow

the maintenance instructions provided in the manual for optimal performance.

What is the recommended user weight and age for the Niceday CT11 Elliptical Exercise Machine?

The recommended user weight for the machine is 400 pounds, and the user's age should be over 13 years old. Ensure that all users meet these requirements before using the equipment.

Can the Niceday CT11 Elliptical Exercise Machine be used by multiple users?

Yes, the machine can be used by multiple users. It's essential to adjust the settings and resistance levels according to each user's preferences and fitness levels for a safe and effective workout experience.

Does the Niceday CT11 Elliptical Exercise Machine require any maintenance?

Yes, regular maintenance is essential to ensure the optimal performance and longevity of the machine. Inspect and tighten screws and bolts regularly, and keep the equipment clean and free from dust and debris. Refer to the maintenance instructions provided in the manual for detailed guidance.

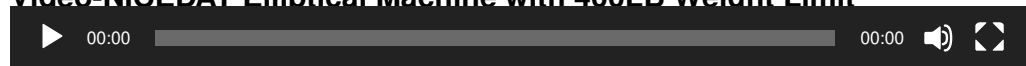
Is the Niceday CT11 Elliptical Exercise Machine suitable for people with joint problems or injuries?

The Niceday CT11 Elliptical Exercise Machine provides a low-impact workout that is gentle on the joints. However, it's essential to consult with a healthcare professional before using the machine if you have any pre-existing joint problems or injuries. They can provide personalized advice based on your specific condition.

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The machine comes with adjustable resistance levels that can be modified to suit your workout intensity preferences. Use the resistance adjustment knob or buttons provided on the machine to increase or decrease the resistance levels as needed during your workout.

### Video-NICEDAY Elliptical Machine with 400LB Weight Limit



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## References

- [User Manual](#)