



# Electric Elliptical Bike

## User Instructions



## **SAFETY NOTICES**

**1. PLEASE READ ALL INSTRUCTIONS BEFORE USING THIS APPLIANCE, AND RETAIN THESE INSTRUCTIONS FOR REFERENCE.**

**2. SHOULD THE APPLIANCE BE PASSED ON TO THIRD PARTIES, SO MUST THIS INSTRUCTION MANUAL**

3. This product is not intended for medical use. It is intended solely for Leg Exercise.

4. 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

5. Older or infirm persons should consult their doctor before using the product, even if they have no specific pre-existing conditions.

6. Cease use immediately if you feel discomfort or pain.

7. Do not use this product immediately prior to going to bed. The appliance has a stimulating effect, and can delay sleep.

8. To avoid a short circuit, connect the device correctly and keep it away from metal (pins), rubbish and Water.

9. Use the device on a level surface. If the device is not stable, it can tip over and cause injury.

10. Remove the adapter from the power outlet when not in use.

11. If you suspect a problem, turn off the device straight away.

12. Store the device in its packaging for prolonged storage, or in a secure, dry and cool place.

13. Do not place any other objects on the device.

14. If the power cord is damaged, it must be replaced; this should only be done by an authorized and qualified person.

15. To avoid the risk of electric shock, do not use the device on wet skin.

16. Keep the product away from moisture. Do not use if the appliance or parts of it are wet or damp.

17. The device may be used by children from 8 years of age, or by persons with reduced physical, sensory mental capabilities or lack of experience and/or knowledge, only if they have been supervised or instructed in the safe use of the device and have understood the hazards arising therefrom.

Children should not play with the appliance. Cleaning and user maintenance must not be performed by children unless they are over 8 years old and supervised. Children younger than 8 years of age are to be kept away from the machine and the connecting cable.

18. 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.

19. Do not attempt to disassemble or repair the appliance. Repairs may only be carried out by a suitable qualified technician.

## START-UP AND USE

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, relieves 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.

1. Plug the power adapter into the power outlet and connect the cable to the unit. As soon as the device is connected to power, it will beep once, and the display will light up.
2. Once the device is connected, turn it so that the display faces forward. Select a mode according to your requirements using the remote control or the buttons on the device. Your settings will be shown on the display. To start, press the Start/Stop button on remote control or on the device.
3. To switch off appliance correctly, you must first stop the device by pressing the Start/stop button on the device or on the remote control. Then press the power button on the device to switch off the device completely.
4. Disconnect the appliance from the power outlet after use.

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



## CORRECT POSITIONS FOR USE

Sit on a chair and place your feet on the pedals.

**NOTE:** Never put your full body weight on the appliance, as this could damage the device.



## REMOTE CONTROL BUTTONS

**Power:** Press this button to turn the unit ON or Off.

**Start/Stop:** Press this button to start with your chosen settings. When the device is in operation, press this button to stop it.

**Speed ▲:** Increase the speed. The speed can be manually set from 1 to 10. Press this button to increase the speed while the device is running.

**Speed ▼:** Reduce the speed. The speed can be manually set from 1 to 10. Press this button to reduce the speed while the device is running.

**Function:** Press this button to show SCAN, TIME, DISTANCE, SPEED, STEP AND CALORIE in circles.

**Direction:** Press this button to change direction of pedal movement.

**Mode:** Press this button to choose different programs. Auto programs P1, P2, P3 and manual program.

## DISPLAY BUTTONS AND INSTRUCTIONS



**Power:** Press this button to turn the unit ON or Off.

**Speed +:** Increase the speed. The speed can be manually set from 1 to 10. Press this button to increase the speed while the device is running.

**Speed -:** Reduce the speed. The speed can be manually set from 1 to 10. Press this button to reduce the speed while the device is running.

**Program:** Press this button to show SCAN, TIME, DISTANCE, SPEED, STEP AND CALORIE in circles.

**Direction:** Press this button to change direction of pedal movement.

**Mode:** Press this button to choose different programs. Auto programs P1, P2, P3 and manual program.

1. Connect power adapter to the unit and power jack to a power outlet, display will show



2. Then press button of "POWER", display will show settled working time 20 mins.



3. Then press button of speed + or speed - to adjust time from 20 mins to maximum 30 mins or minimum 5 mins.



4. After you adjusted working time, you could press button of POWER to start machine. This moment, machine is under manual program and display will show speed 1 at first. You could adjust speed from 1 to 10 via button speed + or speed-. Maximum speed is 10.



5. You could press button Mode to choose different programs. Auto programs P1, P2, P3 and manual program.

### 6. Auto program overview of P1, P2, P3:

<b>AUTOMATIC PROGRAM P1</b>		
<b>SETTED TIME:</b>	<b>DIRECTION:</b>	<b>SPEED RANGE:</b>
<b>20 MINS</b>	<b>Forward and Backward</b> (Changes per 60 seconds)	<b>1-2-3-4-5-4-3-2-1-3-5-circulation</b> (Changes per 30 seconds)

<b>AUTOMATIC PROGRAM P2</b>		
<b>SETTED TIME:</b>	<b>DIRECTION:</b>	<b>SPEED RANGE:</b>
<b>20 MINS</b>	<b>Forward and Backward</b> (Changes per 90 seconds)	<b>2-3-4-5-6-7-8-4-6-8-4-circulation</b> (Changes per 30 seconds)

<b>AUTOMATIC PROGRAM P3</b>		
<b>SETTED TIME:</b>	<b>DIRECTION:</b>	<b>SPEED RANGE:</b>
<b>20 MINS</b>	<b>Forward and Backward</b> (Changes per 120 seconds)	<b>5-6-7-8-9-10-8-6-8-10-8-circulation</b> (Changes per 30 seconds)

### Switching off and device

Correct way to switch off the device: You must first stop the device by pressing the speed - button on the device or on remote control to reduce speed. Then press power button on the device or stop button on remote control to switch off the device completely.

### CLEANING

**Always disconnect the plug from the mains before cleaning.**

Clean the device with a damp cloth and mild detergent. Do not use abrasive or corrosive cleaning agents. The silicone pads can be removed to make cleaning easier.

Never allow the appliance to come into contact with water or other liquids.

This product must be kept dry and not exposed to direct sunlight.

## Specification



Size: 44 x 38 x 26 cm

Motor Power: 60W

Adapter Output: DC 24V 3000mA

For Indoor Use Only

**MADE IN CHINA**

Material: ABS, Steel

Voltage: 100-240V/50-60HZ



### Customer Service

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