

Nicoday

Elliptical Trainer

Model: CT51



User Manual

Content

After-sales Information

Contact Us

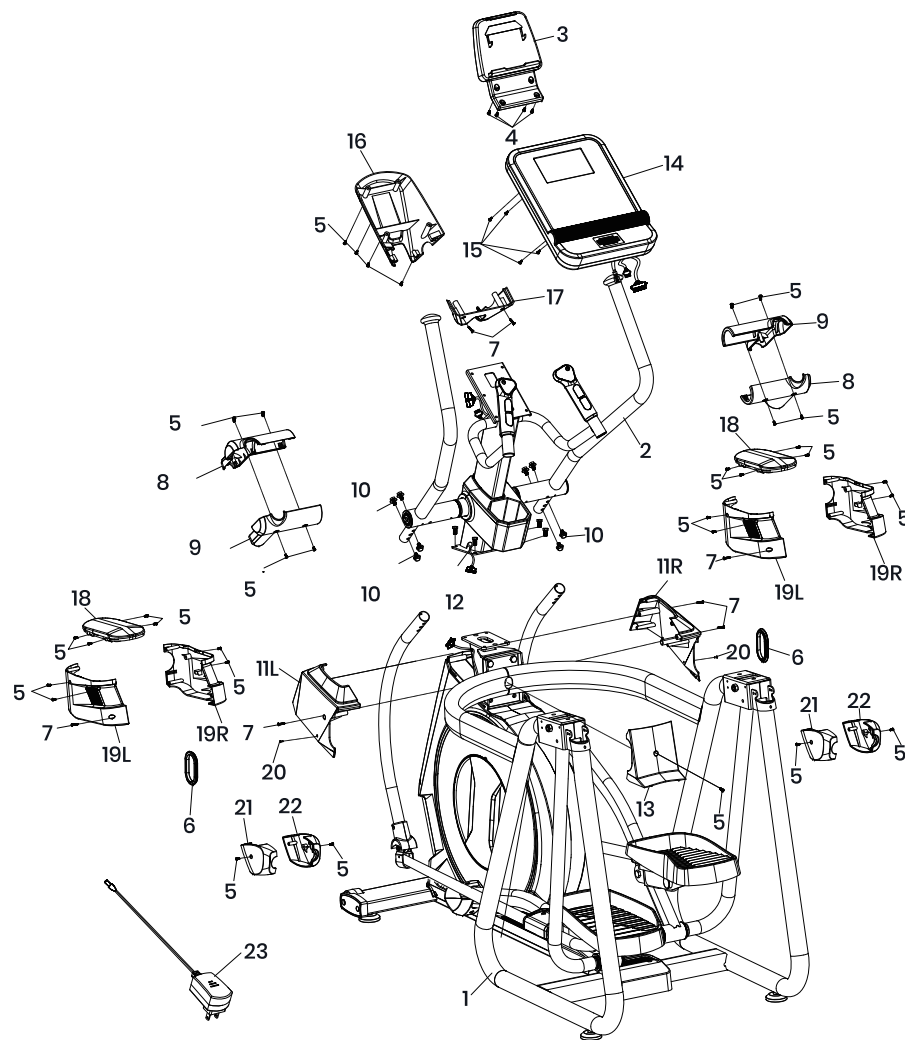
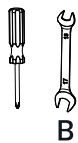
Email: support@niceday.fit

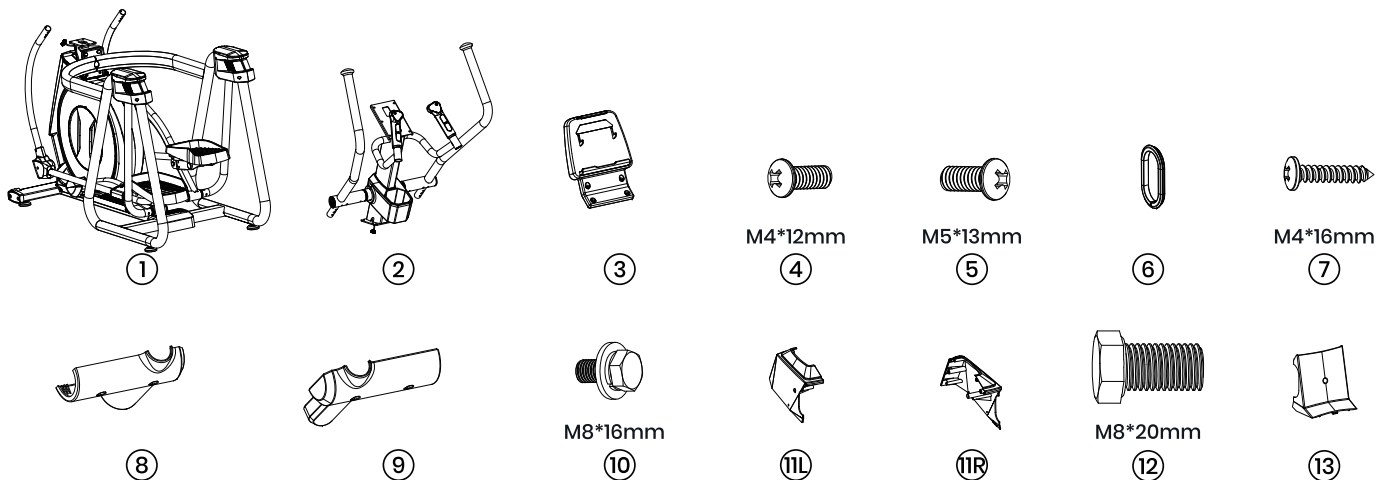
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After unboxing, please check that all parts are complete and undamaged. If any parts are missing or damaged, contact us anytime, and our professional customer service team will assist you promptly to ensure your satisfaction.

For optimal user experience and safety, please make sure to review this user manual carefully before assembling and using the product, and keep it for future reference.

- Consult your physician before beginning any exercise program, especially if you are over 35 years old or have existing health conditions.
- This equipment is not intended for use by children or individuals with physical, sensory, mental, or motor impairments unless supervised or instructed on its safe use by a responsible adult. Keep children and pets away from the equipment.
- Wear appropriate training shoes and clothing. High heels, dress shoes, or sandals are not suitable for use with the elliptical.
- If you feel nauseous, faint, dizzy, experience pain, or any other unusual symptoms during exercise, stop immediately and consult a physician.
- Do not place hands, feet, or any body parts near moving parts; and never drop or insert objects into any openings.
- The hand pulse sensors are not medical devices and may not be accurate due to various factors that can affect heart rate. They are designed for general heart rate monitoring during exercise.
- This product is equipped with a cord featuring an equipment-grounding plug. Ensure the plug is inserted into a properly installed and grounded outlet, in accordance with local codes and regulations. If the cord or plug is damaged, do not use the equipment. Contact the service team for assistance.
- To reduce the risk of electric shock, turn off all controls and disconnect the plug from the outlet before cleaning, when not in use, or during servicing.
- Before removing any covers, always disconnect the AC power. Do not modify the power cord or plug. Do not use extension cords.
- Always fully unwind the power cord to prevent overheating and potential fire hazards. Keep the power cord away from hot surfaces. Ensure the power cord is placed in a way that it cannot be accidentally caught or tripped over.
- Place the equipment on a flat, level surface to minimize the risk of burns, fire, electric shock, or injury. Ensure that only one person uses the equipment at a time, with a weight limit of **400lb/181kg**.





NO.	Name	QTY.	NO.	Name	QTY.
①	Main Frame	1	⑧	Handlebar Tube Cover 1	2
②	Handlebar Tube Assembly	1	⑨	Handlebar Tube Cover 2	2
③	Phone/Tablet Holder	1	⑩	Swing Arm Tube Fixing Screws	8
④	Phone/Tablet Holder Fixing Screws	4	⑪L	Left Lower Upright Tube Cover	1
⑤	Decorative Cover Fixing Screws 1	33	⑪R	Right Lower Upright Tube Cover	1
⑥	O-shaped Handlebar Cover Ring	2	⑫	Upright Tube Fixing Screws	4
⑦	Decorative Cover Fixing Screws 2	8	⑬	Middle Cover for Lower Upright Tube	1



⑭



M5*10mm

⑮



⑯



⑰



⑱



⑲L



⑲R



M3*10mm

⑳



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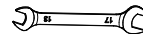
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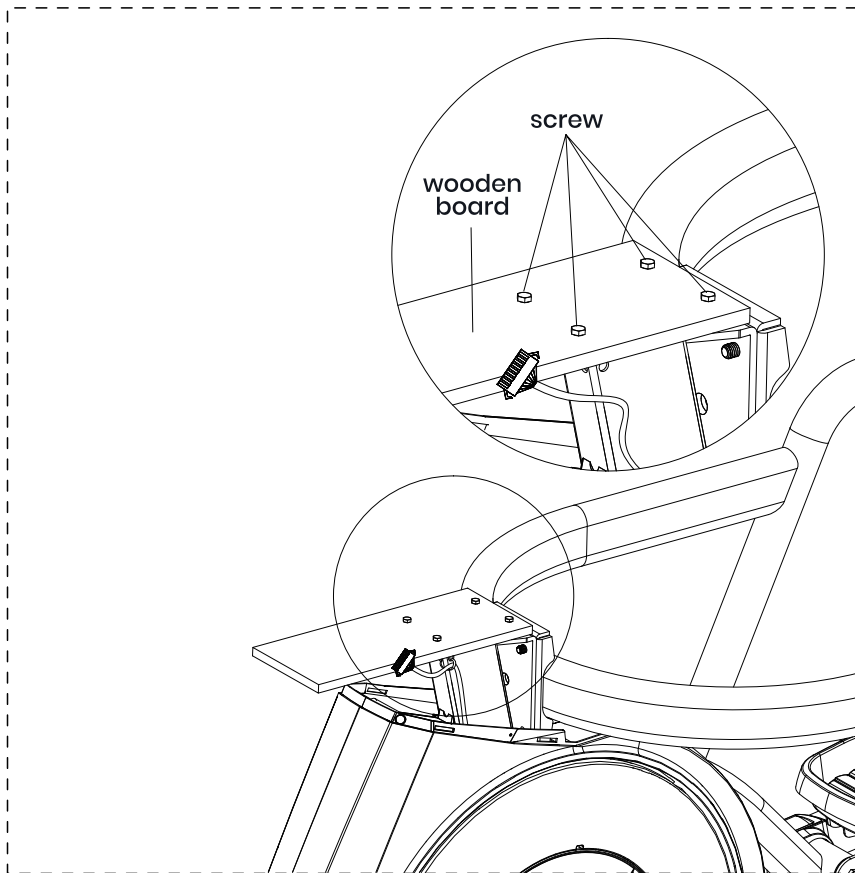
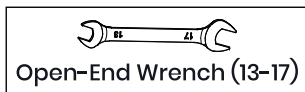
13-17

Ⓑ

NO.	Name	QTY.	NO.	Name	QTY.
⑭	Monitor	1	⑳	Screws (M3*10mm)	2
⑮	Monitor Fixing Screws	4	㉑	Swing Arm Tube Cover 1	2
⑯	Rear Cover for Upper Upright Tube	1	㉒	Swing Arm Tube Cover 2	2
⑰	Front Cover for Upper Upright Tube	1	㉓	Power Adapter (9V-3A)	1
⑱	Upper Handlebar Cover on Main Frame	2	Ⓐ	Phillips Screwdriver	1
⑲L	Left Handlebar Cover on Main Frame	2	Ⓑ	Open-End Wrench (13-17)	1
⑲R	Right Handlebar Cover on Main Frame	2			

Before assembly.

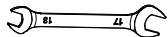
Please remove the screws securing the protective wooden board with the open-end wrench (#B), then remove the board.



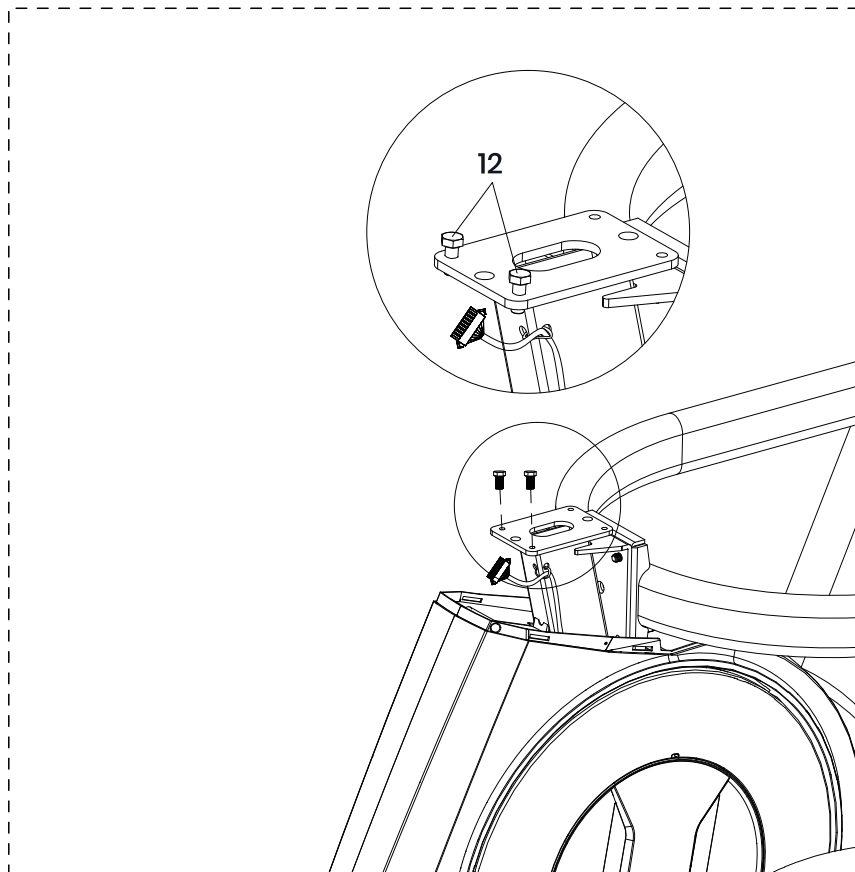
Step 1.

Installing Screws on the Upright Tube of the Main Frame

- Take out two screws (#12).
- First, hand-tighten them into the threaded holes on the upright tube of the main frame (#1).
- Fasten them halfway in with the open-end wrench (#B).
- But do not fully tighten the two screws at this stage.



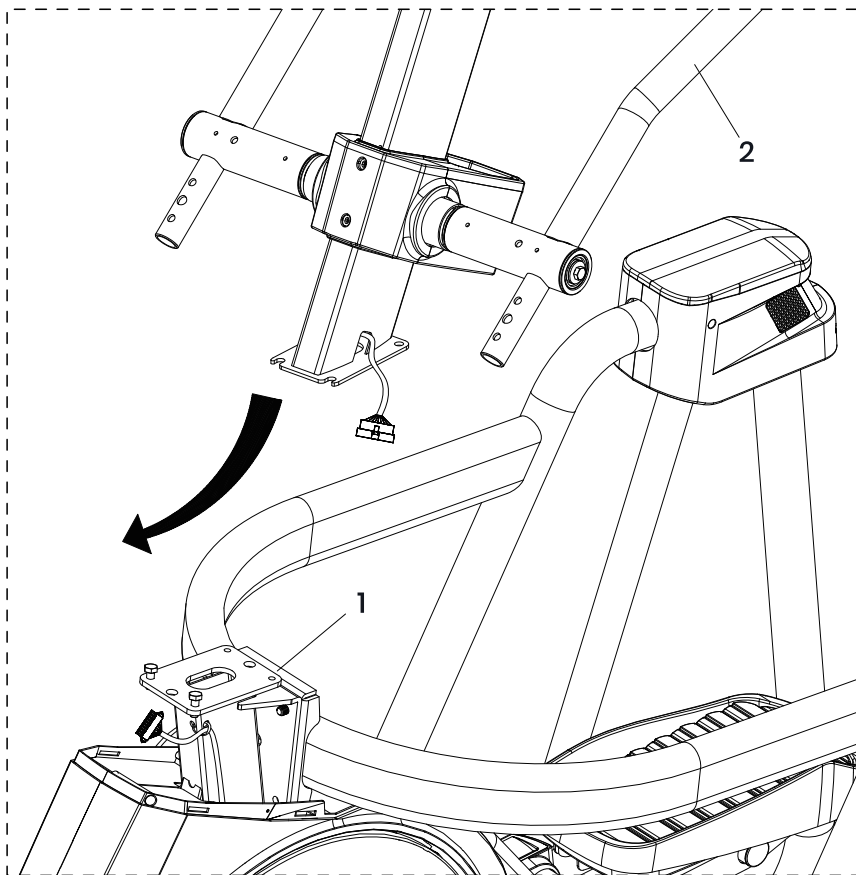
Open-End Wrench (13-17)



Step 2.

Installing the Handlebar Tube Assembly

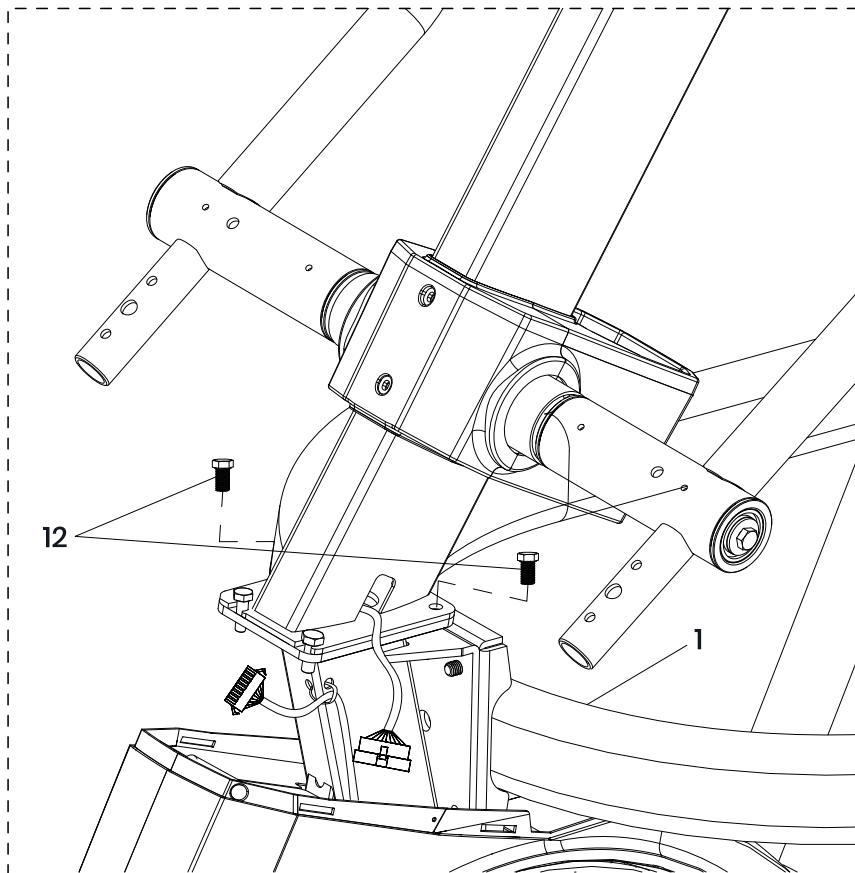
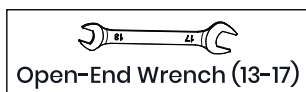
- Take out the handlebar tube assembly (#2), insert the notched end into the upright tube on the main frame, and make sure it locks onto the two screws installed in the previous step.



Step 3.

Securing the Handlebar Tube Assembly

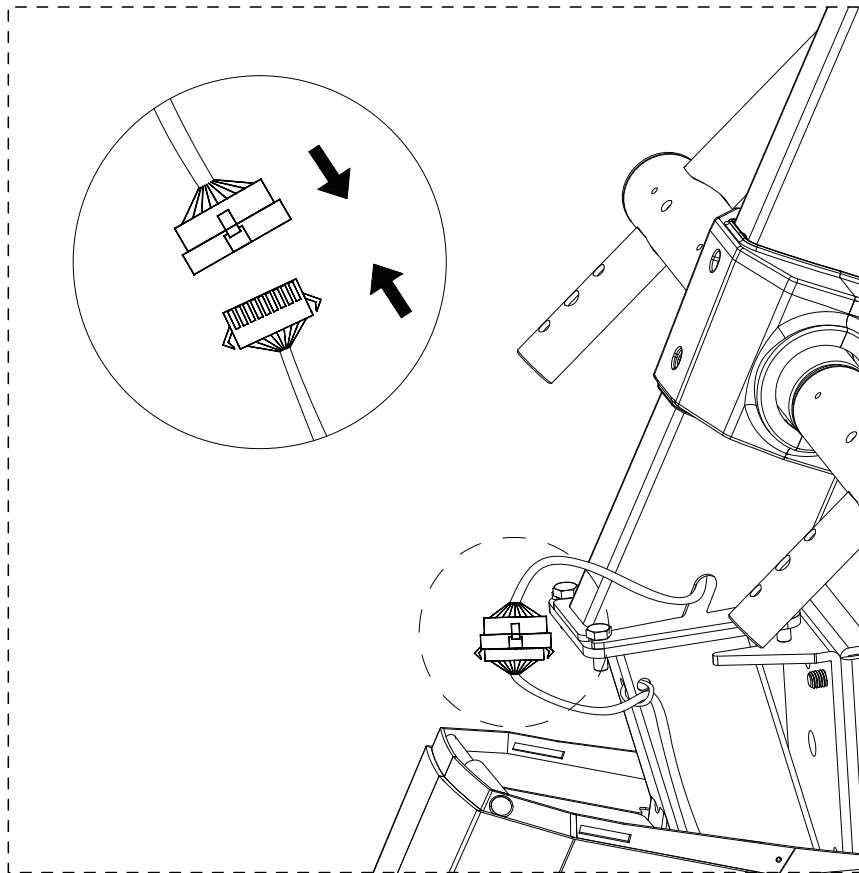
- Take out the other 2 screws (#12), align them with the holes, hand-tighten them.
- Tighten all 4 screws (#12) with the open-end wrench (#B).



Step 4.

Connecting the Power Sensing Cable

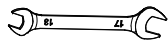
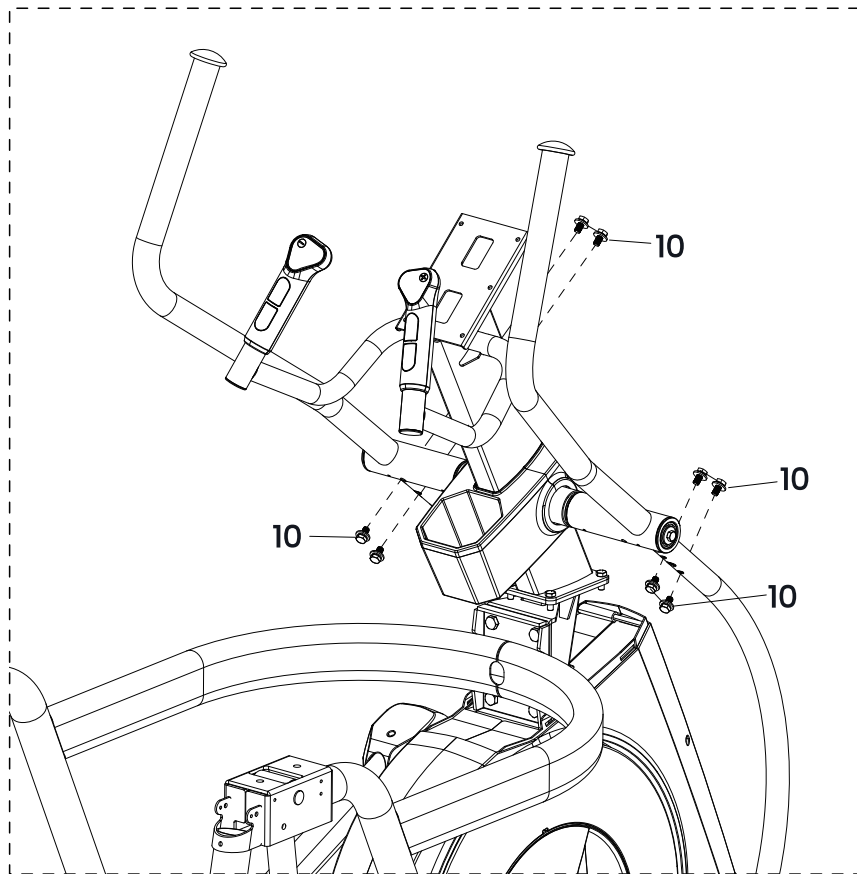
- Connect the power sensing cable from the handlebar tube assembly to the one on the main frame.
- Make sure the PIN connectors are properly aligned and insert them gently to avoid bending the pins.



Step 5.

Attaching the Upper Handlebar Tubes

- Connect the left and right upper handlebar tubes to the left and right lower swing arm tubes.
- Hand-tighten the screws (#10), then securely tighten them with the open-end wrench (#B).

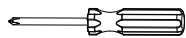


Open-End Wrench (13-17)

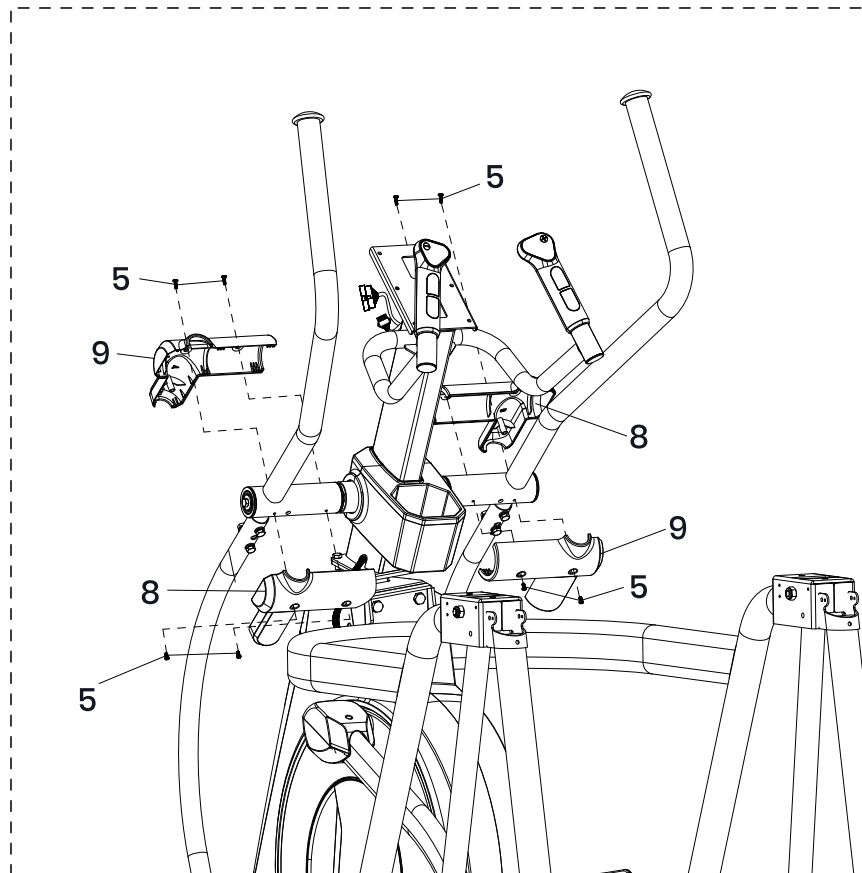
Step 6.

Installing the Upper Handlebar Tube Covers

- Attach the upper handlebar tube covers 1 and 2 (#8 and #9) to both sides of the left and right upper handlebar tubes.
- Tighten the screws (#5) with the Phillips screwdriver (#A) to secure them.



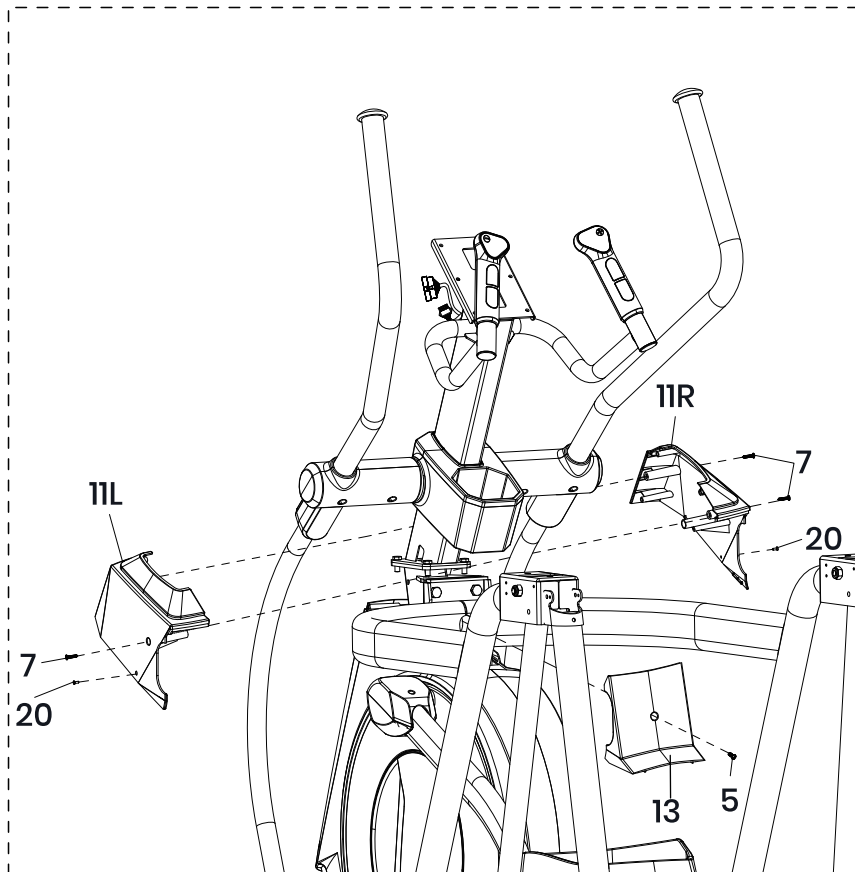
Phillips Screwdriver



Step 7.

Installing Lower Upright Tube Covers

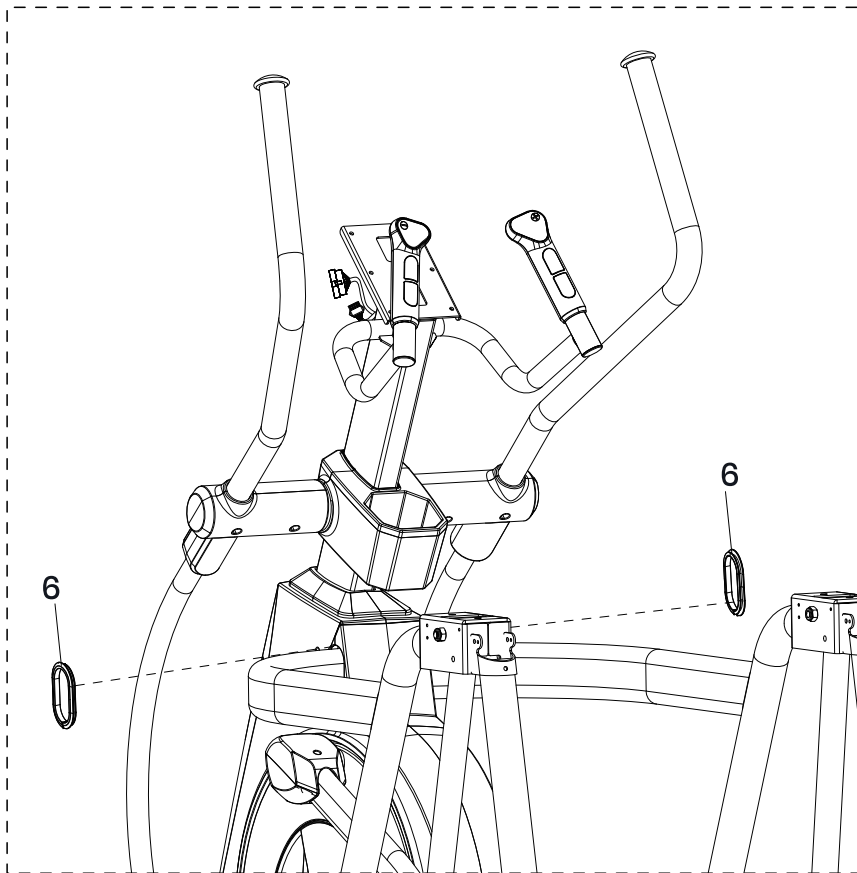
- Attach the left and right lower upright tube covers (#11L and #11R) to both sides of the upright tube.
- Tighten the screws (#7) and (#20) with the Phillips screwdriver (#A) to secure them.
- Install the middle cover for lower upright tube (#13) onto the lower upright tube on the main frame, and tighten the screw (#5) with the Phillips screwdriver (#A) to secure them.



Step 8.

Installing the O-Shaped Handlebar Cover Ring

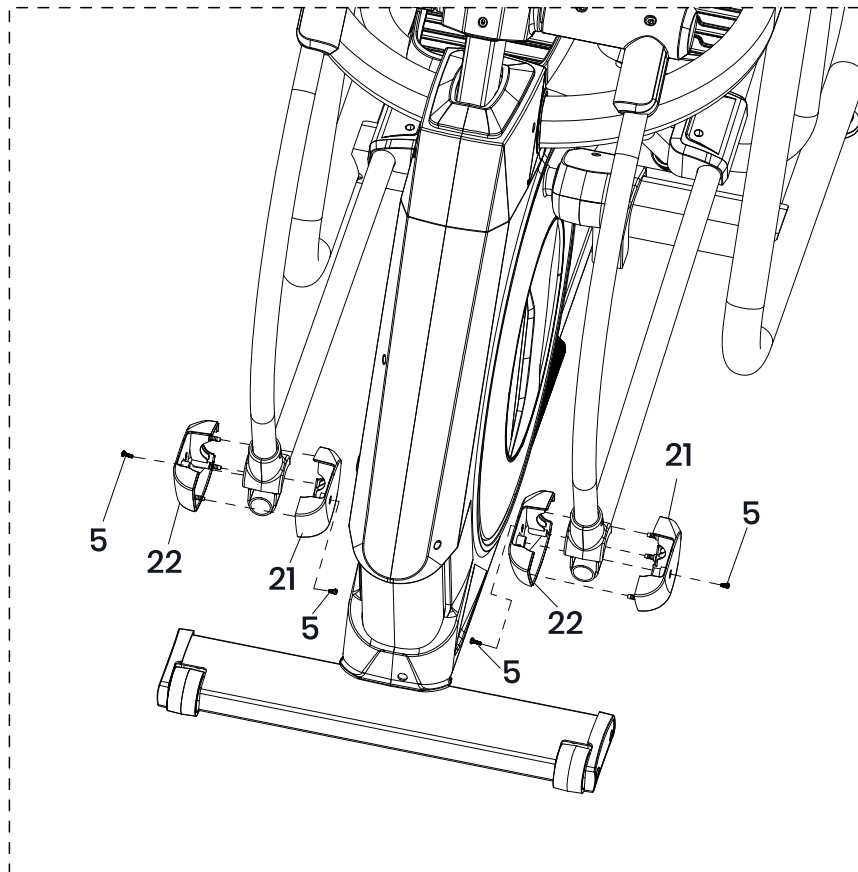
- Snap the O-shaped handlebar cover ring (#6) into the gap between the lower upright tube covers. It is mainly used for decorative purposes and to conceal the seam.



Step 9.

Installing the Swing Arm Tube Covers

- Attach the swing arm tube covers 1 and 2 (#21 and #22) to the left and right swing arm tubes.
- Tighten the screws (#5) with the Phillips screwdriver (#A) to secure them.



Phillips Screwdriver

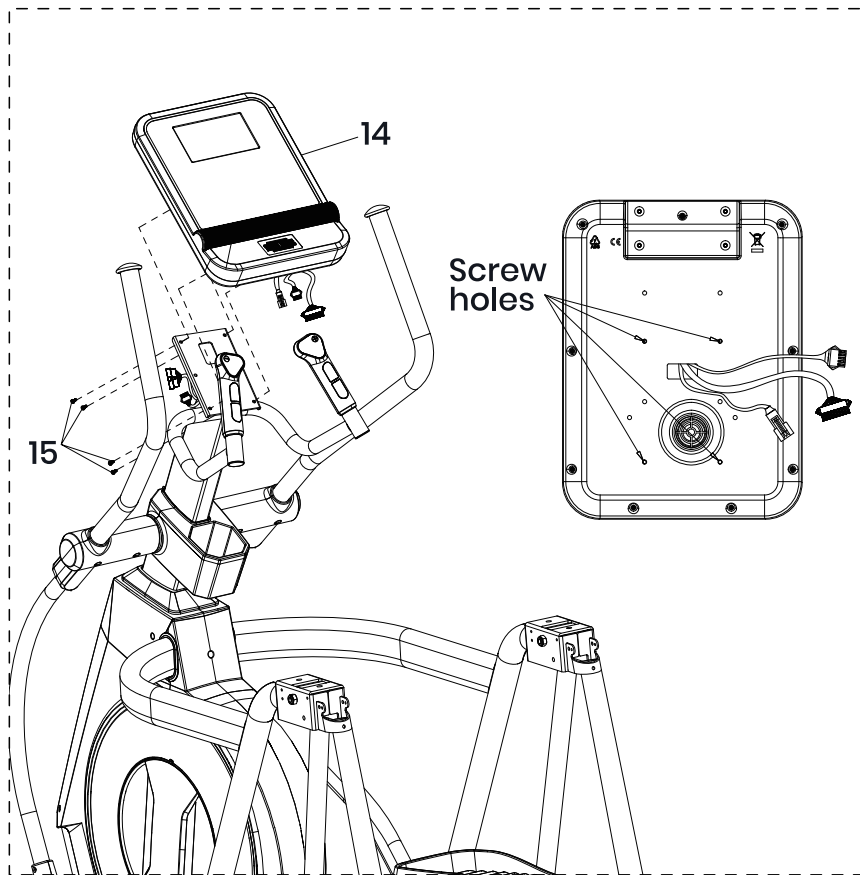
Step 10.

Mounting the Monitor

- Remove the pre-installed screws (#15) from the back of the monitor (#14) using the Phillips screwdriver (#A).
- Align the monitor with the mounting plate on the upright handlebar tube and secure it with the screws (#15) using the Phillips screwdriver (#A).



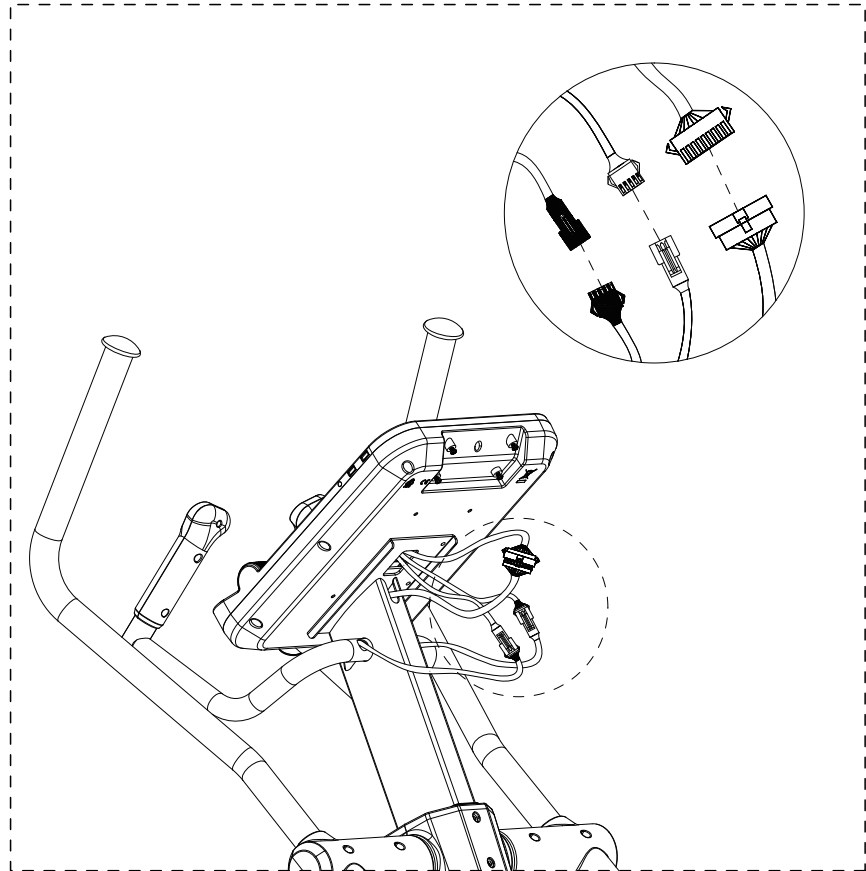
Phillips Screwdriver



Step 11.

Connecting Power Sensing Cables

- Connect the 3 power sensing cables from the monitor to the corresponding 3 power sensing cables from the upper part of the upright handlebar tube (2 red 5-pin, 2 black 5-pin, and 2 black 9-pin).
- Make sure the pin connectors are properly aligned. Connect them gently and accordingly.



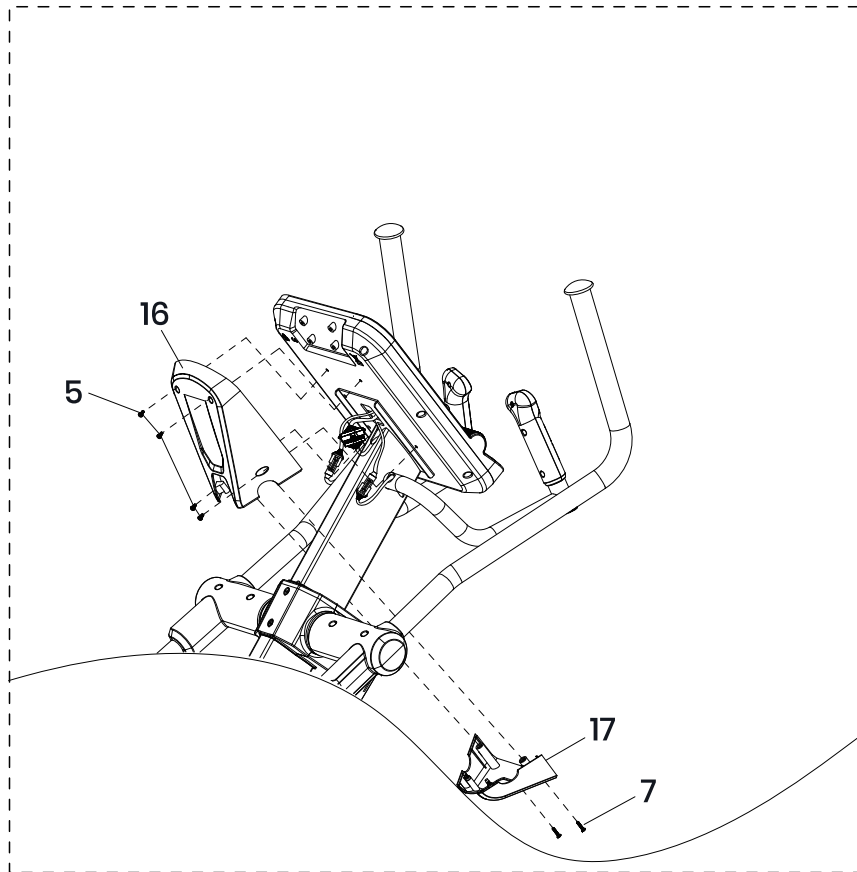
Step 12.

Installing Rear and Front Covers on Upper Upright Tube

- Attach the rear cover for upper upright tube (#16) to the monitor, align the holes, and secure it with screws (#5) using the Phillips screwdriver (#A).
- Attach the front cover (#17) to the rear cover (#16), align the holes, and tighten the screws (#7) with the Phillips screwdriver (#A) to secure them.



Phillips Screwdriver



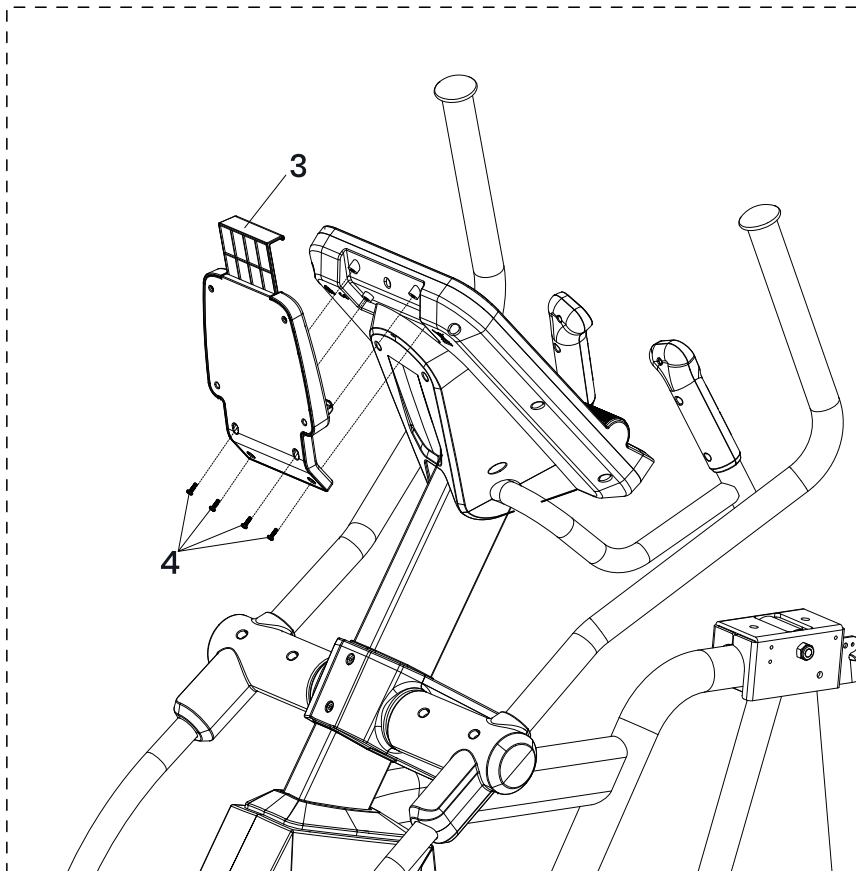
Step 13.

Installing the Tablet/Phone Holder

- Remove the pre-installed screws (#4) from the tablet/phone holder (#3) using the Phillips screwdriver (#A).
- Align the holder with the monitor, then reinsert and tighten the screws (#4) to secure them.



Phillips Screwdriver



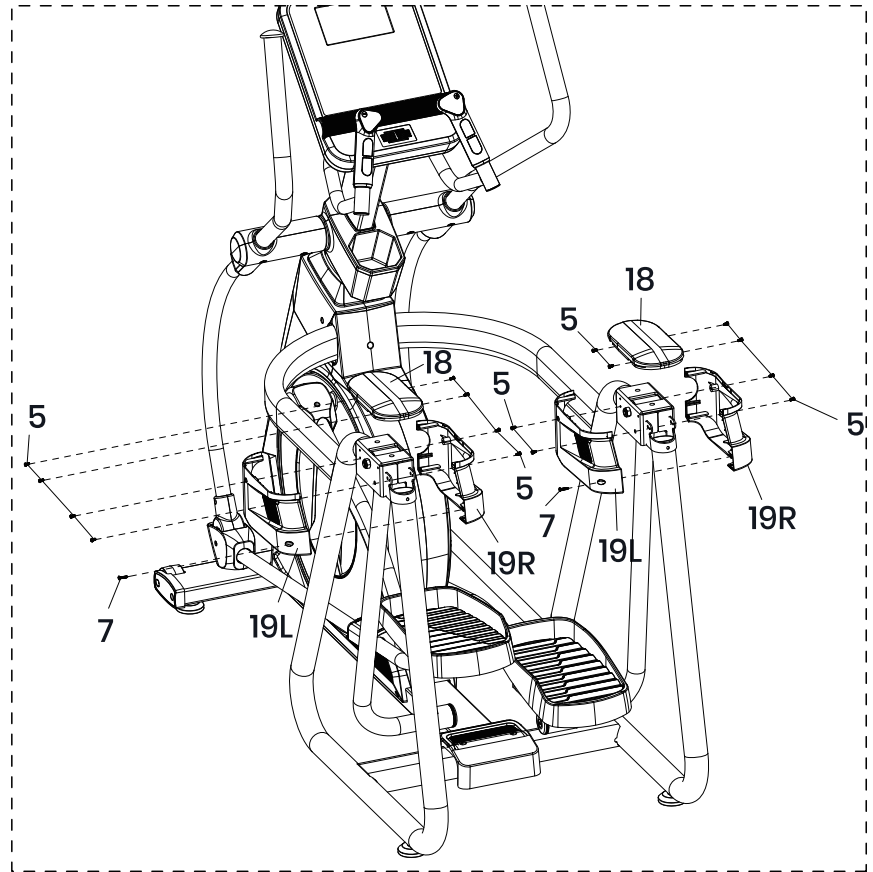
Step 14.

Installing Handlebar Covers

- Attach the upper handlebar cover (#18) to the mounting plate on the main frame handlebar tube, align the holes, and secure it with screws (#5) using the Phillips screwdriver (#A).
- Install the left and right handlebar covers (#19L and #19R), align the holes, and tighten the screws (#5 and #7) with the Phillips screwdriver (#A).



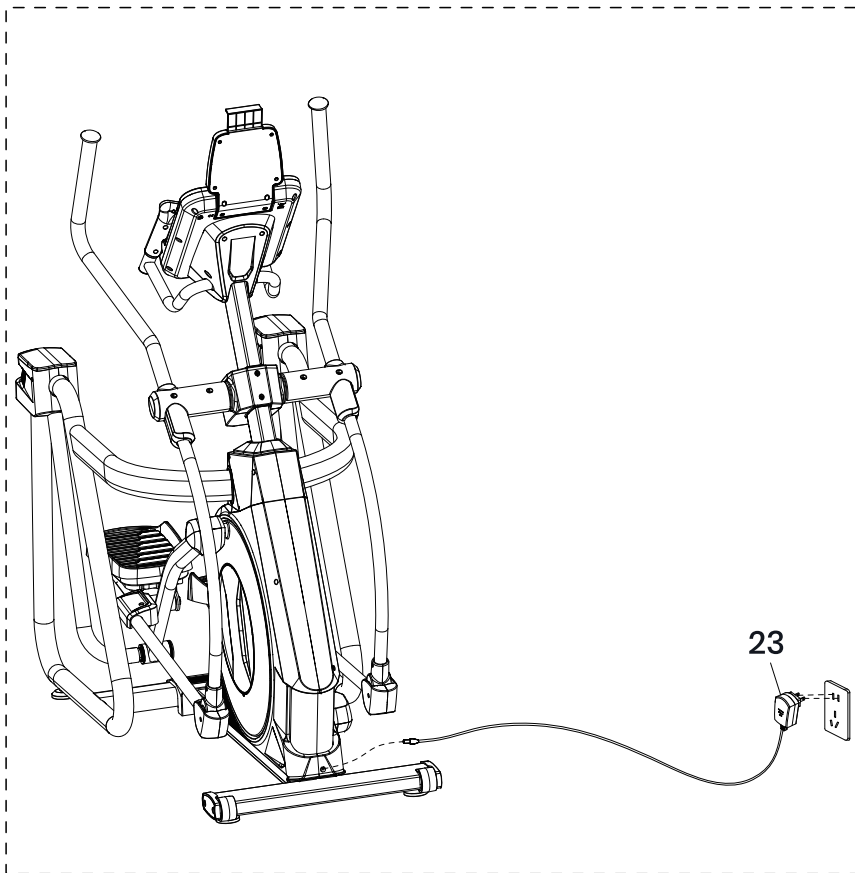
Phillips Screwdriver



Step 15.

Connecting the Power Adapter

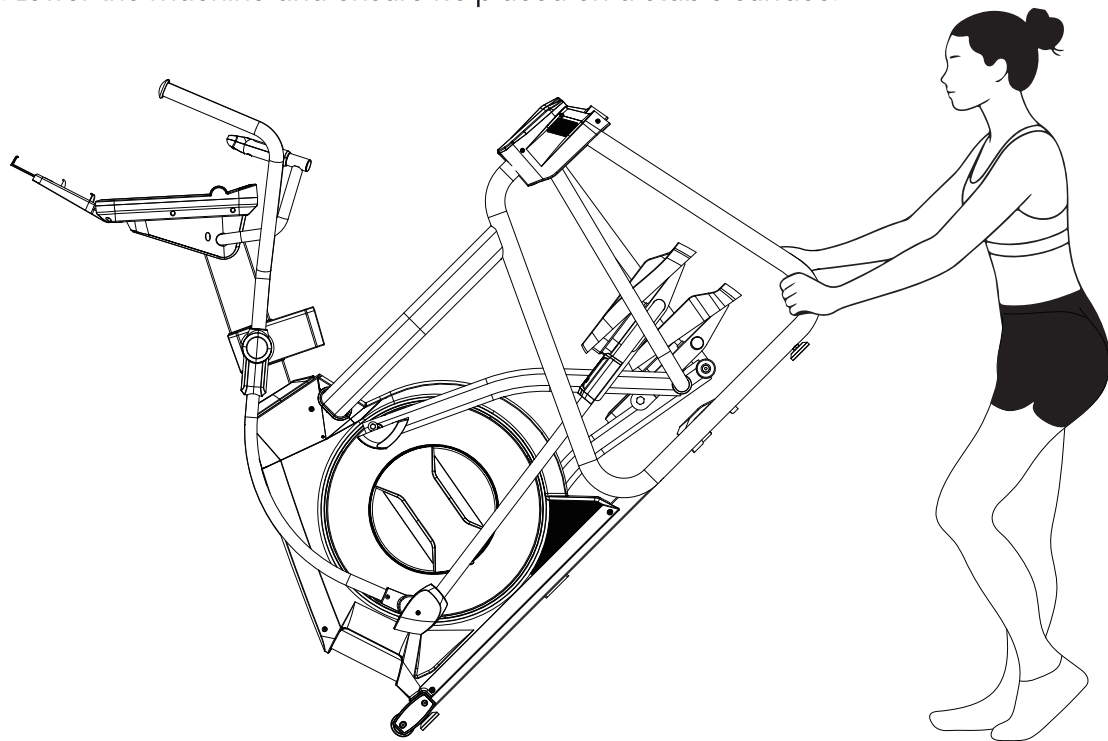
- Insert one end of the power adapter (#23) into the DC socket on the elliptical machine, and plug the other end into a wall outlet. Once powered on, the elliptical machine is ready for use.



Moving the Elliptical Machine

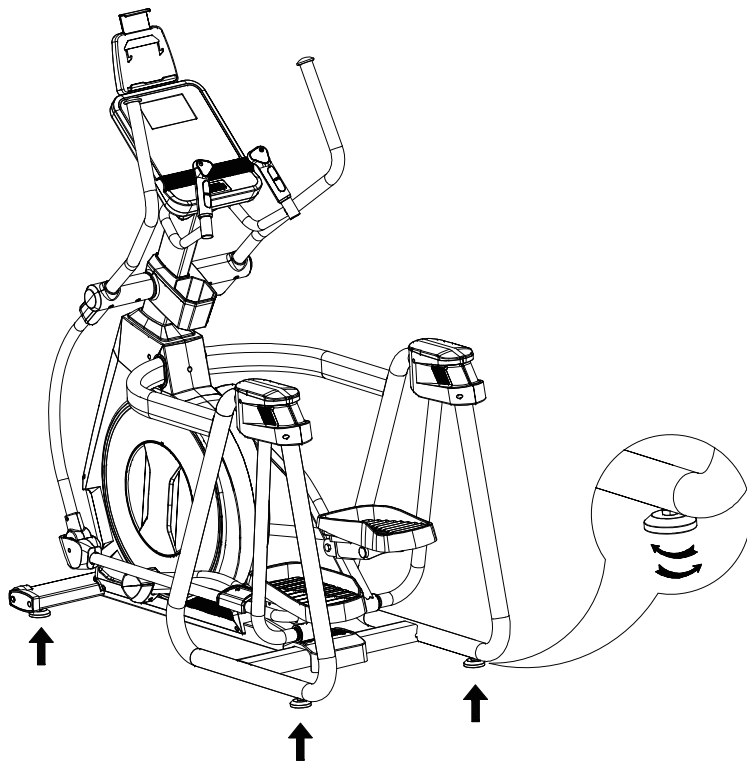
The elliptical machine can be moved by one or more people, depending on individual strength and ability. Please be cautious and ensure safety during the moving process.

1. Unplug the power cord.
2. Carefully lift the rear stabilizer and move the elliptical machine using the transport wheels.
3. Lower the machine and ensure it's placed on a stable surface.



Leveling the Elliptical Machine

If your workout area is uneven or if any part of the elliptical machine is slightly off the ground, leveling is required. As shown in the picture, loosen or tighten the nuts and adjust the foot pads until the machine sits level and makes stable contact with the floor. Once leveled, retighten the nuts securely.



1. Full Display



2. Display/Setting Range

Item	Display Range	Setting Range	Set	Note
TIME	00:00~99:59	00:00~99:00	±1	Loop setting
SPEED	0.0~99.9	NO		
DISTANCE	0.0~99.9	0.0~99.0	±1	Loop displaying/setting
LEVEL	1~32	1~32	±1	
RPM	0~999	NO		
CALORIES	0~999	0~990	±10	Loop setting
PULSE	0; 30~230	0; 30~230	±1	>30, 230< display P Bluetooth > Wireless > Handgrip display
WATT	0~999	10~350 (WATT MODE)	±5	
BAI-TM	0~999	NO		
SEX	MALE / FEMALE	MALE / FEMALE		1. Loop setting; Memorable 2. Preset "MALE"
AGE	1~99	1~99	±1	1. Loop setting; Memorable 2. Preset value: 25
HEIGHT	100~200	100~200	±1	1. Loop setting; Memorable 2. Preset value: 160cm
WEIGHT	20~150	20~150	±1	1. Loop setting; Memorable 2. Preset value: 20kg
	 (Bluetooth connection display)	 (Received Bluetooth heart rate connection display)		

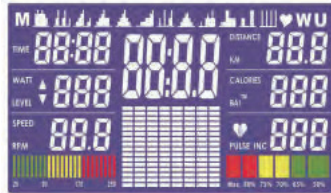
3. Button Functions Description

Item	Description
Up +	Increases the selected value (e.g., LEVEL/WATT/TIME), or scrolls up in the menu.
Down -	Decreases the selected value (e.g., LEVEL/WATT/TIME), or scrolls down in the menu.
Mode	Press to confirm a selected value or execute a function. During a workout, press to switch between function data displays.
Reset	Press and hold for 2 seconds to restart the console. When in STOP mode, press to return to the main menu to select a workout program.
Start/ Stop	Start or stop the workout.
Recovery	Press to enter the heart rate recovery test mode.
Body Fat	Press to enter body fat test mode.
LEVEL 5-10-15-20-25-32	Quickly switch to resistance level settings (5-10-15-20-25-32) when working out in manual mode.

4. Exercise Mode Description

- **MANUAL:**  Manual workout mode, where you can set target values such as TIME, DIST, CAL, PULSE, etc., and adjust the LEVEL during the workout.
- **PROGRAM:**  Resistance program mode, with 12 preset programs available for selection. The TIME target value can be set, and LEVEL can be adjusted during the workout.
- **H.R.C.:**  Heart Rate Control mode, where PULSE and TIME target values can be set, and LEVEL is controlled by the program.
- **WATTS:**  Watt mode, where WATT and TIME target values can be set, and WATT and LEVEL can be adjusted during the workout.
- **USER PROGRAM:**  User program mode, can set custom graphics and TIME; LEVEL can be adjusted during the workout.
- **RECOVERY:** Heart rate recovery mode test.
- **BODY FAT:** Body fat rate mode test.

5. Operation Instructions



Picture 1



Picture 2



Picture 3



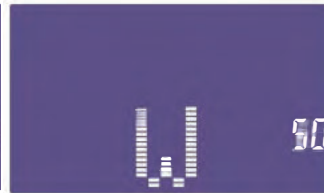
Picture 4



Picture 5



Picture 6



Picture 7



Picture 8

5-1. Console Startup and User Profile Setup

- Plug in the power supply, the console will power on and display all segments on the LCD for 2 seconds (Picture 1).
- Then the wheel size value "78"/Metric unit "E"/Imperial unit "M" will be displayed for about 1 second (Picture 2). After that, the screen will enter the user profile setting interface (Picture 3).
- Unit system switching instructions: After powering on, press and hold the START/STOP, RESET, and MODE buttons simultaneously for about 6 seconds until the screen displays 5247. Then, press and hold the RESET and MODE buttons at the same time for about 5 seconds until the screen shows 78. Next, press the up(+) / Down (-) button to switch between Imperial unit (1) and Metric unit (0). Finally, Press the RESET button to set up.