

- Press the Up(+) / Down (-) buttons to select U1~U4 (Picture 3), then press the Mode button to enter user data settings. Set SEX (Picture 4), AGE (Picture 5), HEIGHT (Picture 6), and WEIGHT (Picture 7) in sequence, pressing the MODE button to confirm and move to the next setting.
- After completing the user profile settings, the console will enter the main menu (Picture 8)
- If there is no input for 4 minutes, the console will enter sleep mode. Press any button to wake it up.

5-2. Workout Mode Selection

Use the Up(+) / Down (-) buttons to scroll through the available workout modes: M (Manual) (Picture 8) → PROGRAM (Program P1 - P12) (picture 9) → ♥(Pulse mode) (Picture 10) → W (Watt) (Picture 11) → U (User mode) (Picture 12). Press the MODE button to confirm and enter the selected mode. After the workout begins, press the Up(+) / Down (-) buttons to adjust the resistance level.



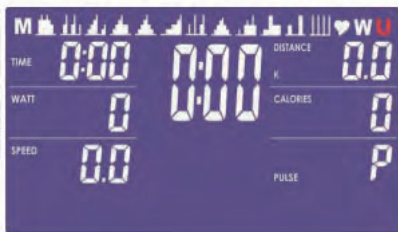
Picture 9



Picture 10



Picture 11



Picture 12

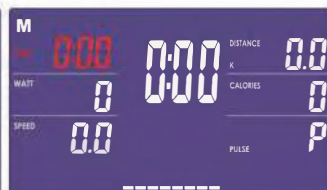
5-3. Manual Adjustment Mode

In the main menu, press the START button directly to enter the manual workout mode.

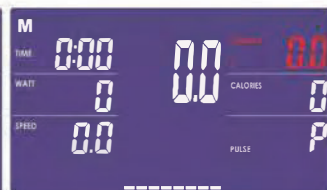
- Press the Up(+) / Down (-) buttons to select M (Manual), then press the MODE button to confirm and enter.
- Press the Up(+) / Down (-) buttons to adjust the resistance level (Picture 13). The default level is 1, and the resistance is uniformly adjustable across 8 levels. Press the MODE button to proceed to the next setting.
- Press the Up(+) / Down (-) buttons to set TIME (Picture 14), DIST (Picture 15), CAL (Picture 16), and PULSE (Picture 17) (Speed and Watt cannot be set). Press the MODE button after each setting to move to the next.
- Press the START/STOP button to begin the workout (Pictures 18 to 19). During the workout, press the Up(+) / Down (-) buttons to adjust the resistance level.
- When the target value is reached, or you press the START/STOP button to pause the workout (at this point, the data will not be reset), press the RESET button to return to the workout mode selection screen.



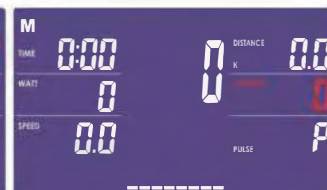
Picture 13



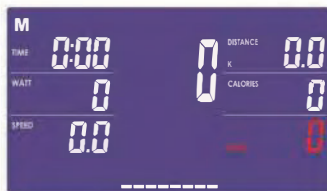
Picture 14



Picture 15



Picture 16



Picture 17



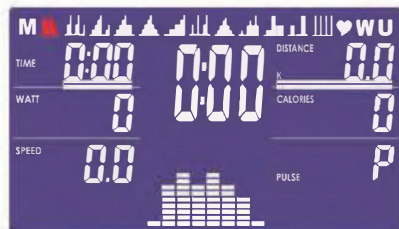
Picture 18



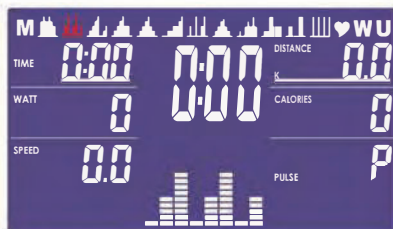
Picture 19

5-4. Program Mode

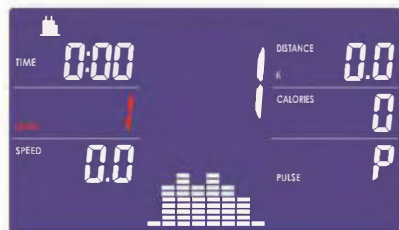
- Press the Up(+) / Down (-) buttons to select a workout program: P1 (Picture 20), P2 (Picture 21), P3 ... up to P12. Press the MODE button to confirm and enter.
- Press the Up(+) / Down (-) buttons to adjust the resistance level (Resistance can only be increased uniformly across 8 levels; it cannot be decreased), then press the MODE button to proceed to the next setting.
- Press the Up(+) / Down (-) buttons to set the TIME value (Picture 22).
- Press the START/STOP button to begin the workout (Picture 23). During the workout, press the Up(+) / Down (-) buttons to adjust the resistance level. The resistance increases uniformly across all levels. When any single level reaches the maximum setting (L32), it cannot be increased further.
- When the target value is reached, or you press the START/STOP button to pause the workout, press the RESET button to return to the workout mode selection screen.



Picture 20



Picture 21



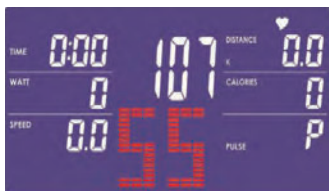
Picture 22



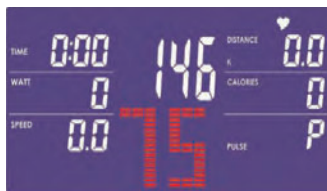
Picture 23

5-5. H.R.C. Mode

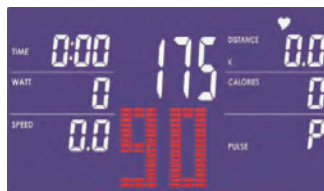
- Press the Up(+) / Down (-) buttons to select H.R.C., then press the MODE button to confirm and enter.
- Press the Up(+) / Down (-) buttons to select a target heart rate option: 55% (Picture 24), 75% (Picture 25), 90% (Picture 26), or TAG -- custom target heart rate (default: 100 bpm) (Picture 27). If TAG is selected, press the Up(+) / Down (-) buttons to set a target heart rate between 30 to 230 bpm, then press the MODE button to proceed to the next setting.
- Press the Up(+) / Down (-) buttons to set the workout time (Picture 28), then press the MODE button to confirm.
- Press the START/STOP button to begin the workout (Picture 29). In this mode, the resistance level is automatically adjusted by the program (adjusts the level based on the set time and heart rate).
- When the target value is reached or if you press the START/STOP button to pause, press the RESET button to return to the workout mode selection screen.



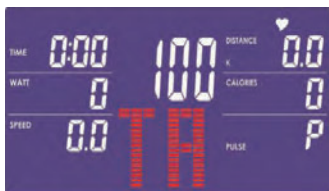
Picture 24



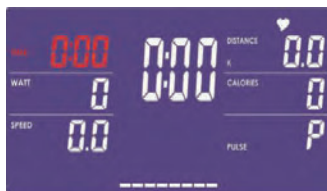
Picture 25



Picture 26



Picture 27



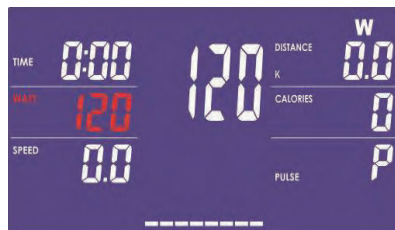
Picture 28



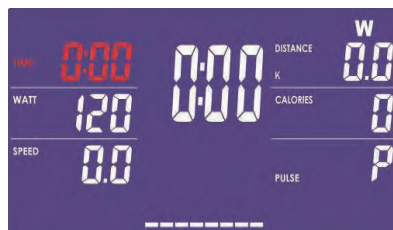
Picture 29

5-6. WATTS Mode

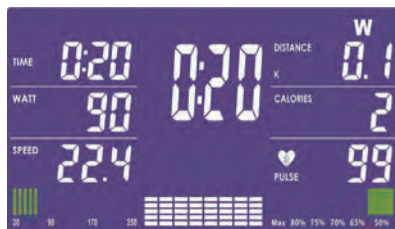
- Press the Up(+) / Down (-) buttons to select W, then press the MODE button to confirm and enter.
- Press the Up(+) / Down (-) buttons to set the target WATT value (default: 120) (Picture 30), then press the MODE button to proceed to the next setting.
- Press the Up(+) / Down (-) buttons to set the workout time (Picture 31).
- Press the START/STOP button to begin the workout (Picture 32). During the workout, the system will automatically adjust the resistance level based on your workout status. You may press the Up(+) / Down (-) buttons to adjust the target WATT value, and the resistance level will change accordingly.
- When the target value is reached or if you press the START/STOP button to pause, press the RESET button to return to the workout mode selection screen.



Picture 30



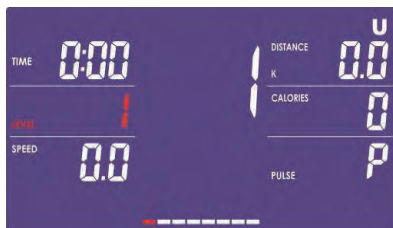
Picture 31



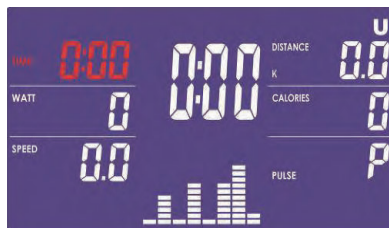
Picture 32

5-7. USER PROGRAM Mode

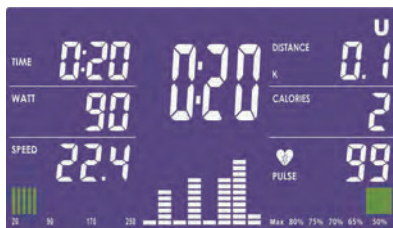
- Press the Up(+) / Down (-) buttons to select U, then press the MODE button to confirm.
- Press the Up(+) / Down (-) buttons to customize your workout profile (Picture 33). The program consists of 8 segments, and users can set a different resistance level for each segment. Press and hold the MODE button for 2 seconds to move to the next segment.
- Press the Up(+) / Down (-) buttons to set the workout time (Picture 34), and the time is evenly distributed across each level.
- Press the START/STOP button to begin the workout (Picture 35). During the workout, press the Up(+) / Down (-) buttons to adjust the resistance level (The resistance of each level can be individually increased or decreased).
- When the target value is reached or if you press the START/STOP button to pause, press the RESET button to return to the workout mode selection screen.



Picture 33



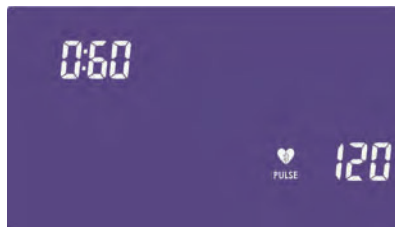
Picture 34



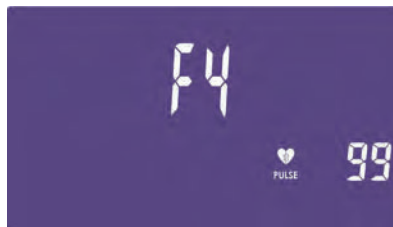
Picture 35

5-8. Recovery Mode

- After a period of exercise, keep both hands firmly on the handlebars or wear the chest strap, then press the RECOVERY button. All workout data displays will pause immediately, and only the TIME will begin counting down from 00:60 to 00:00 (Picture 36). The console will display the user's heart rate recovery status (Picture 37), showing a fitness score from F1 to F6, where F1 indicates the best recovery and F6 the poorest.
- Press the RECOVERY button again to return to the main menu.



Picture 36



Picture 37

1.0	OUTSTANDING
$1.0 < F < 2.0$	EXCELLENT
$2.0 < F < 2.9$	GOOD
$3.0 < F < 3.9$	FAIR
$4.0 < F < 5.9$	BELOW AVERAGE
6.0	POOR

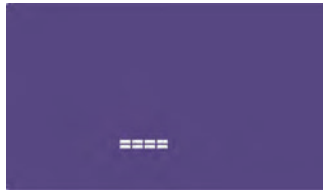
Picture 38

5-9. Body Fat Test Mode

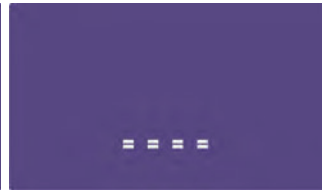
- After completing a workout, press the BODY FAT button to start the body fat test.
- The console will display the user profile (UX) and begin testing (Picture 39).
- During the test, the user must hold the handles with both hands (Picture 40). When a signal is detected, the display will show --> --> --> --> -- (Picture 41). After 8 seconds, the console will display BMI (Body Mass Index), FAT% (Body Fat Percentage), and body type symbols (Pictures 42 to 44).
- Errors: If “----” continues to appear and then shows E-1 (Picture 45), it means the handle was not held properly; If E-4 appears (Picture 46), it means the measured body fat percentage exceeds the standard range.



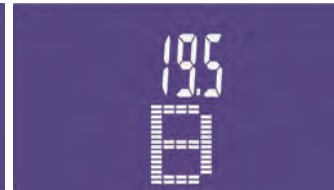
Picture 39



Picture 40



Picture 41



Picture 42 (BMI)



Picture 43 (FAT%)



Picture 44
(Fat and thin symbols)

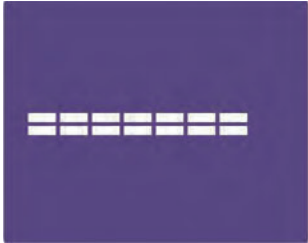


Picture 45
(Incorrect handling
method)

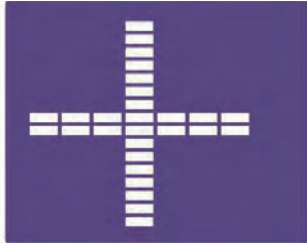


Picture 46
(Body fat percentage
exceeds the standard
value)

Fat and Thin Symbol Graphics



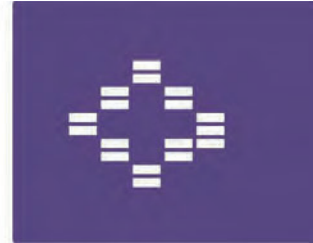
Thin



Standard



Slightly Fat

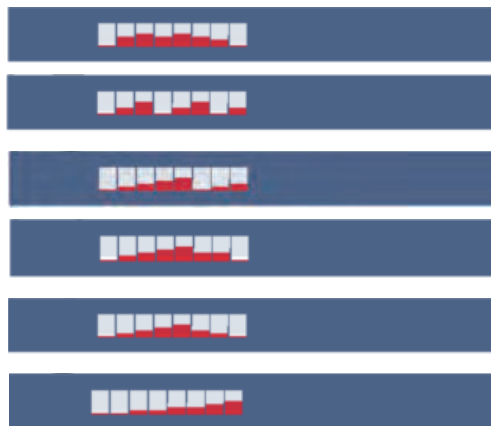


Fat

Obesity Criteria (FAT%)

Gender	Underweight	Normal	Slightly Overweight	Obese	Abnormal
Male	5%~12%	13%~25.9%	26%~30%	31%~50%	5%< , >50%
Female	5%~22%	23%~35.9%	36%~40%	41%~50%	5%< , >50%

Program Graphics



P1

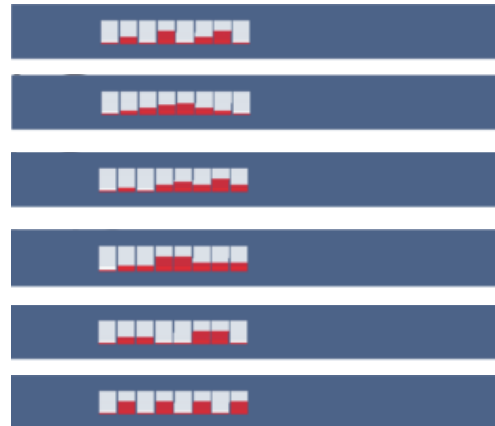
P2

P3

P4

P5

P6



P7

P8

P9

P10

P11

P12

PROGRAM	LOAD							
P1 (MIN)	1	13	17	13	17	13	9	1
P1 (MAX)	16	28	32	28	32	28	24	16
P2 (MIN)	1	9	17	1	9	17	1	9
P2 (MAX)	16	24	32	16	24	32	16	24
P3 (MIN)	1	5	9	13	17	1	5	9
P3 (MAX)	16	20	24	28	32	16	20	24

P4 (MIN)	1	5	9	13	17	9	9	1
P4 (MAX)	16	20	24	28	32	24	24	16
P5 (MIN)	1	5	9	17	17	9	5	1
P5 (MAX)	16	20	24	28	32	24	20	16
P6 (MIN)	1	1	5	5	9	9	13	17
P6 (MAX)	16	16	20	20	24	24	28	32
P7 (MIN)	1	9	1	17	1	9	17	1
P7 (MAX)	16	24	16	32	16	24	32	16
P8 (MIN)	1	5	9	13	15	9	5	1
P8 (MAX)	18	22	26	30	32	26	22	18
P9 (MIN)	1	5	1	9	13	9	17	9
P9 (MAX)	16	20	16	24	28	24	32	24
P10 (MIN)	1	5	5	17	17	9	9	9
P10 (MAX)	16	20	20	32	32	24	24	24
P11 (MIN)	1	9	9	1	1	17	17	1
P11 (MAX)	16	24	24	16	16	32	32	16
P12 (MIN)	1	17	1	17	1	17	1	17
P12 (MAX)	16	32	16	32	16	32	16	32

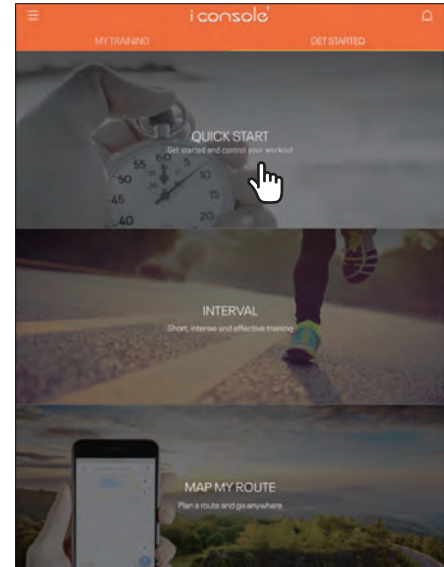
To enhance your workout experience, this elliptical machine supports apps like iConsole+ and Kinomap. Scan the QR code to download.



iConsole+

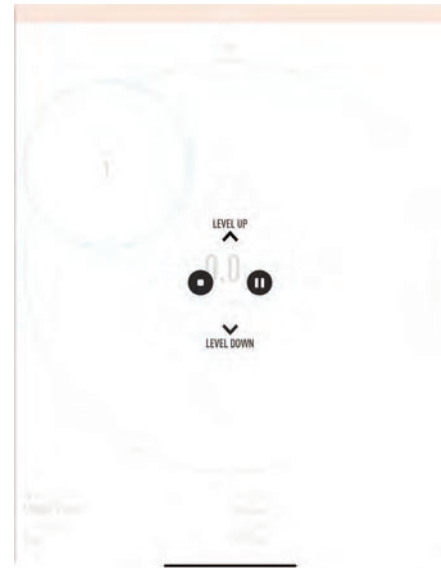
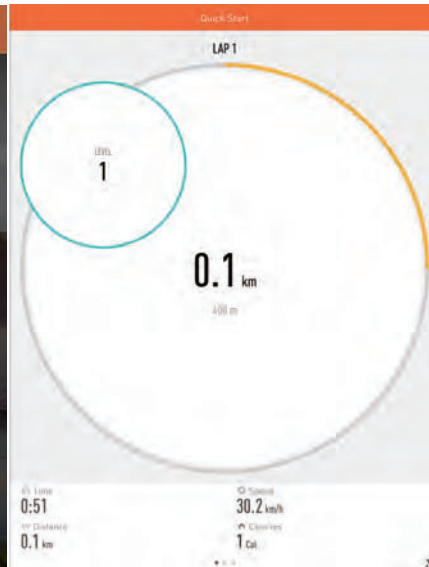
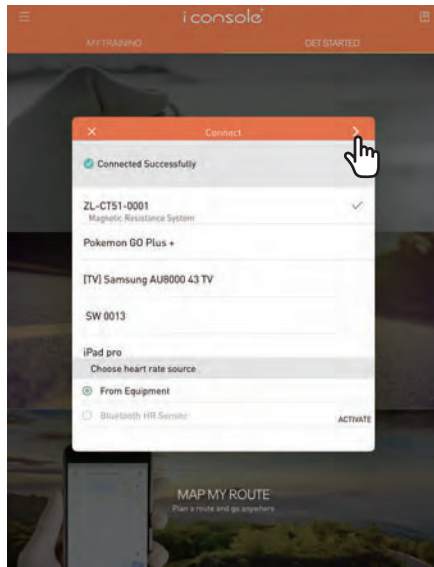


1. Open the iConsole+ app and go to the home page. Select "Quick Start" or other training mode.



2. Select the Bluetooth device, then tap the arrow icon in the top right corner to enter the training interface.

3. On the training screen, tap anywhere to reveal the control panel, where you can adjust resistance, pause your workout, or end the session.



Kinomap

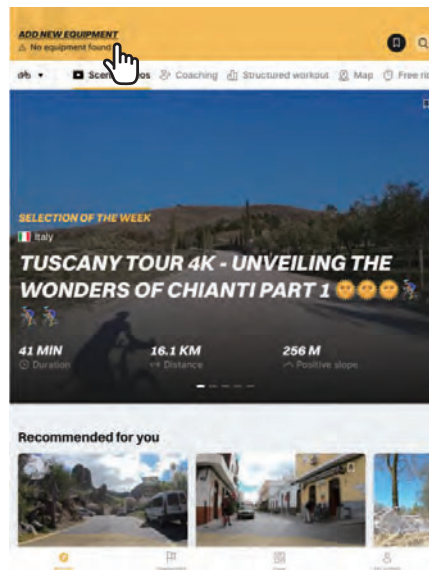


For iOS



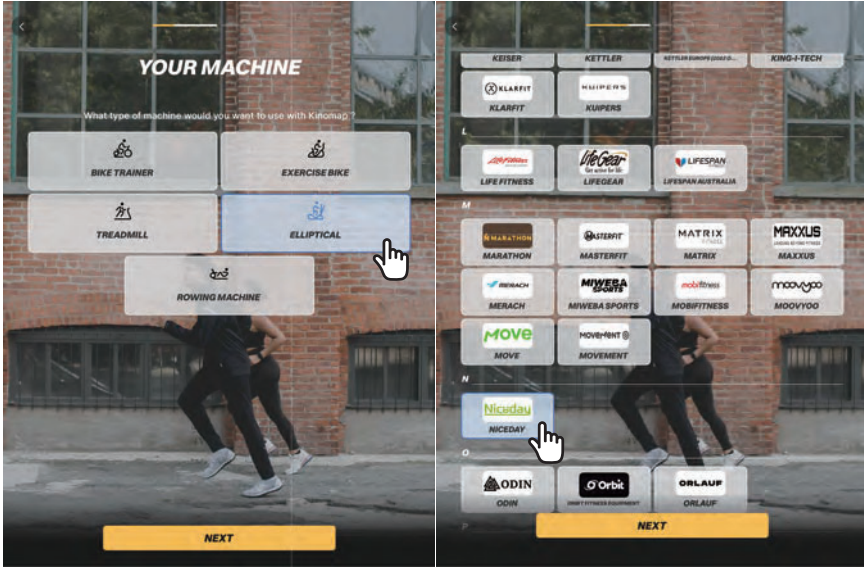
For Android

1. Open the Kinomap app and go to the home page. Tap the ADD NEW EQUIPMENT button in the top left corner to add a new device.

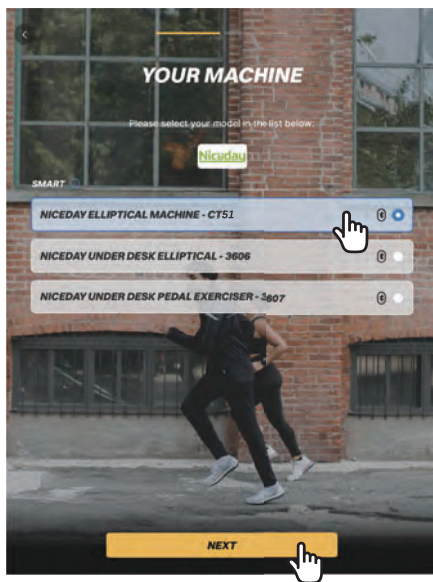


2. Tap on "Fitness Equipment Management", then tap the "+" icon in the top right corner to add a new device.

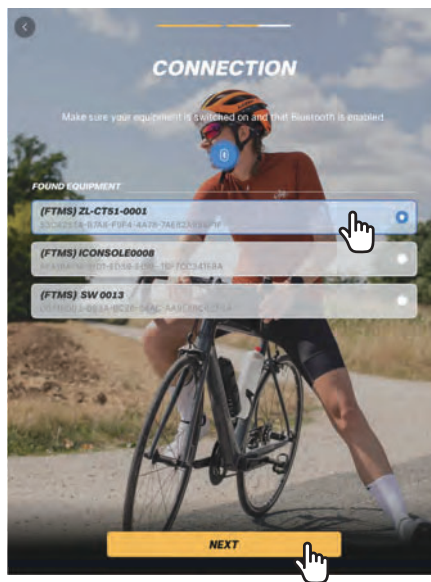
3. Tap to select "ELLIPTICAL", then tap "NEXT"; next, choose "NICEDAY", and tap "NEXT" again.



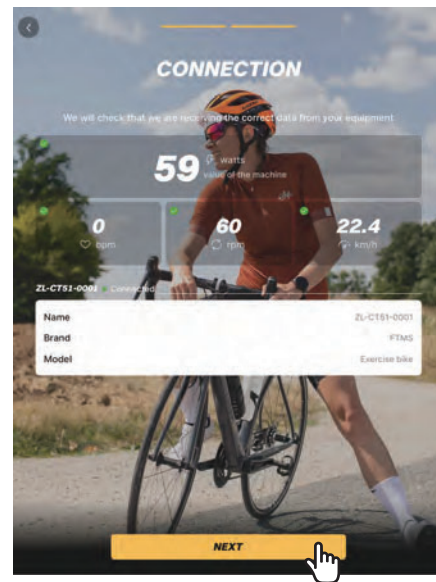
4. Select the corresponding model and tap "NEXT".



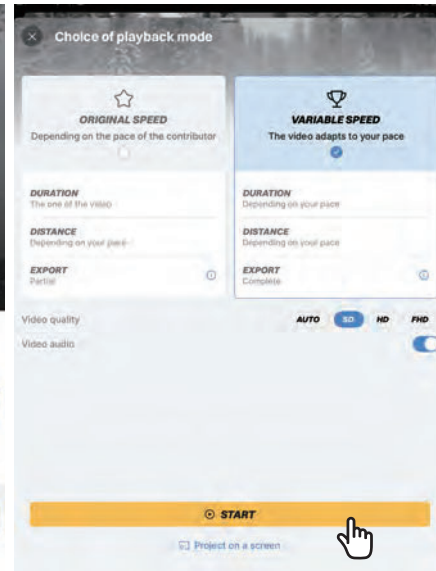
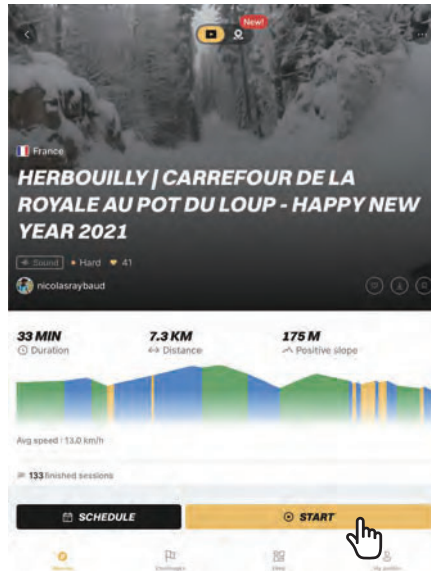
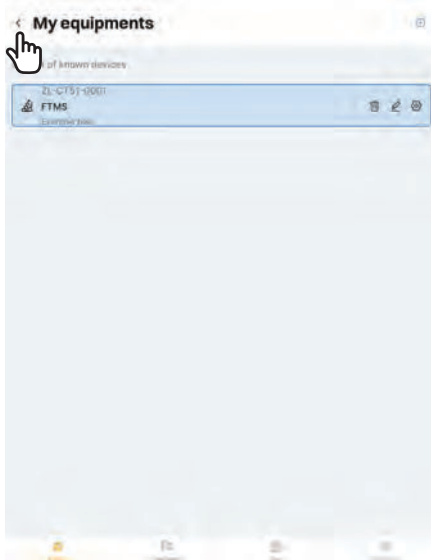
5. Select the Bluetooth device, then tap "NEXT" to enter the connection interface.



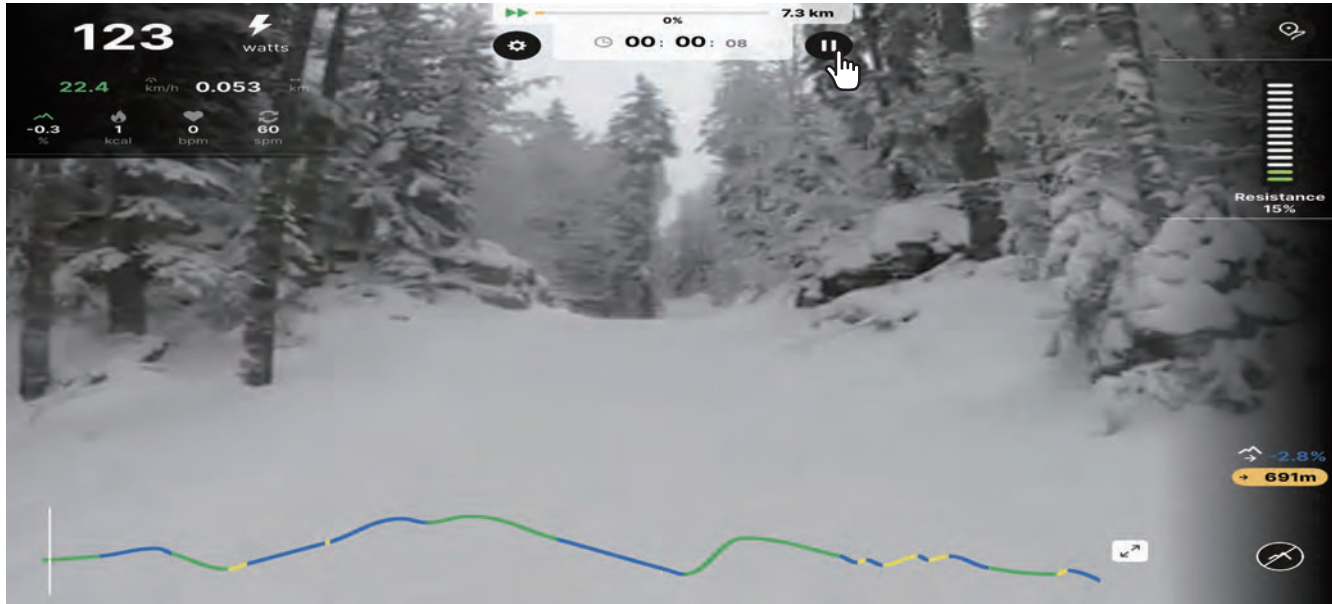
6. Once the device is successfully connected, data will be displayed. Please note that for some brands, the logo will only appear and the connection will complete after pedal RPM input. Tap "NEXT" to finish adding the device. After the device is added, press "Back" to return to the home screen and select a workout mode.



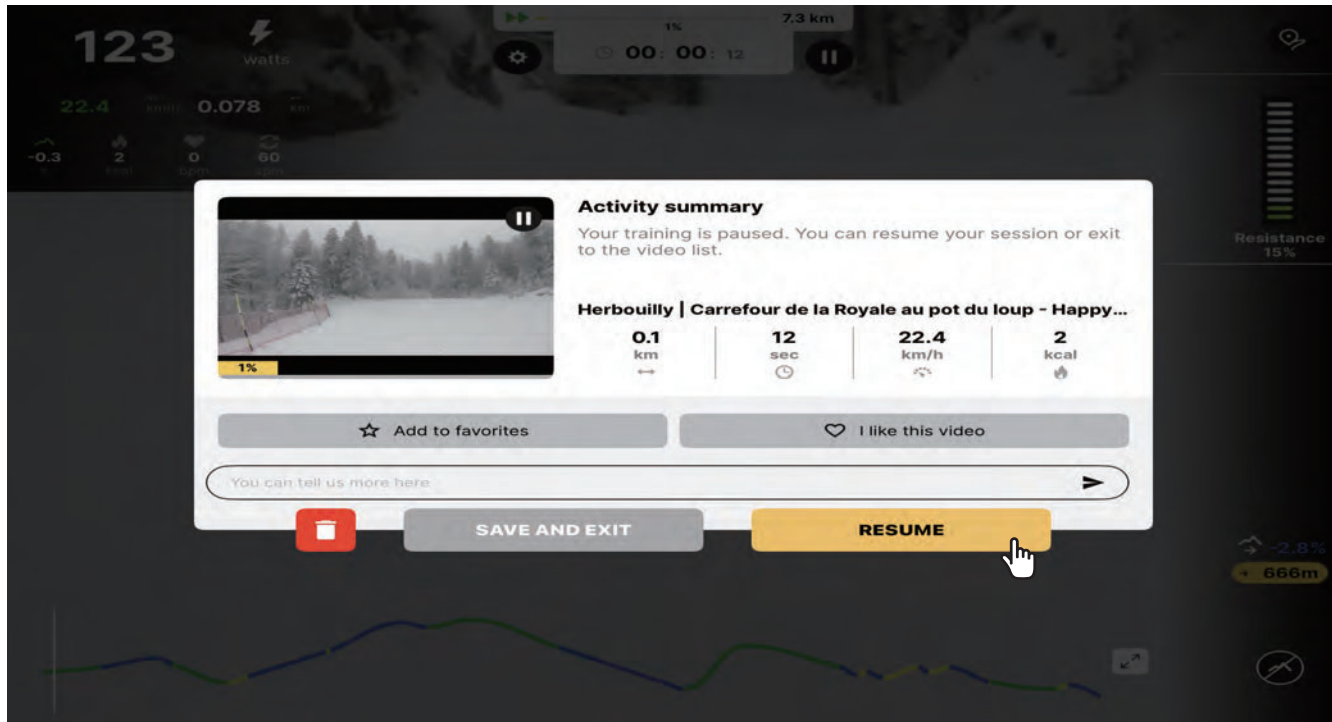
7. To start a workout video, you must select the "ELLIPTICAL" category, then press the "START" button to enter the workout screen.



8. Start pedaling to enter workout mode. To pause, press the pause button at the top of the screen.



9. On the pause screen, you can choose to resume or exit to end the workout.



1. Regular Inspection

Before each use, inspect the elliptical trainer carefully. Check all parts regularly to ensure that no screws are loose and that there are no signs of welding cracks or structural damage. If any issues are found, stop using the equipment and repair them promptly to ensure user safety. Make sure all moving parts, drive mechanisms, resistance systems, and safety features are functioning properly. Keep the machine clean and free from debris.

2. Lubrication and Smooth Operation

Before using the elliptical, check all moving joints to ensure they move smoothly and are well-lubricated. Make sure there are no foreign objects obstructing moving parts, as this can help reduce wear and extend the lifespan of the machine.

3. Post-Workout Cleaning

After each use, wipe down the frame, handlebars, and other surfaces to remove sweat, dust, or grime. Use a soft cloth and a mild, non-abrasive cleaner. Keeping the machine clean helps prevent corrosion and ensures a more hygienic workout environment.

Warm-up is essential before every workout, as it helps relax your body and stretch your muscles, preparing you for your workout.

Cool-down exercises are equally important after a workout, as they help relax your muscles and alleviate soreness. We recommend performing the following warm-up and cool-down exercises before and after each session.

1. Toe Touch

Slowly bend your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 - 15 seconds, then relax.

2. Hamstring Stretch

Sit on a clean mat with one leg extended straight in front of you. Bend the other leg, placing the sole of the foot against the inner thigh of the extended leg. Reach forward toward the toes of the extended leg with both hands. Hold the stretch for 10 - 15 seconds.

3. Calf and Achilles Stretch

Stand facing a wall with both hands placed against it. Step one foot forward and the other foot back. Slightly bend your front knee and lean forward toward the wall until you feel a stretch in the calf and Achilles tendon of the back leg. Hold for 10-15 seconds, then relax.

4. Quadriceps Stretch

Stand next to a wall and place your left hand on it for balance. Reach your right hand back to grab your right ankle or foot. Gently pull your foot toward your buttocks until you feel a stretch in the front of your thigh. Hold for 10-15 seconds, then relax.

5. Butterfly Stretch

Sit down with the soles of your feet pressed together and your knees dropped outward in a butterfly position. Hold your feet with both hands and gently pull them toward your groin. Hold for 10-15 seconds, then relax.



FCC Statement

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and

(2) This device must accept any interference received, including interference that may cause undesired operation.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment . This transmitter must not be located or operating in conjunction with any other antenna or transmitter.

Note : This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates,uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

—Reorient or relocate the receiving antenna.

—Increase the separation between the equipment and receiver.

—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

—Consult the dealer or an experienced radio/TV technician for help.