

ELLIPTICAL TRAINERS



USER MANUAL

CUSTOMER SERVICE

Thank you for selecting the GUGTTR Electric Under Desk Ellipse. For your safety and benefit, read this manual carefully before using the machine.

As a manufacturer, we are committed to providing you with complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, please contact our customer service:

Contact us via Amazon: Login your Amazon account > choose "Your orders" > find the order ID > click "Contact seller"



Please read this manual carefully before installing and using this machine. If necessary, we may update the product without notice, so if the instruction manual is not consistent with the product, the actual product shall prevail.

SAFETY INSTRUCTIONS

Please always pay attention to your body signals, improper use of the machine may affect your health. If you experience any symptoms (including headache, chest pain, irregular heartbeat, dizziness, or any discomfort), stop exercising immediately and consult your physician, get permission before training again.

- Do not use the product if it is damaged or defective.
- Do not insert or drop debris in the product.
- Do not use the product in wet or dusty environments.
- Do not store or use the product outdoors, keep the product away from direct sunlight.
- Do not allow water and other liquids to touch the control switch.
- Do not place the power cord or any heavy object under the product.
- Do not wind the power cord around the product. That could damage the power cord, cause electric shock, or electrical fire.
- Do not use the power cord to move the product.
- If the power plug is loose, do not use the product.
- Use the elliptical indoors on a level surface, and keep at least 3 feet of free space around it.
- The product's rated voltage fits 110-240V, rated power is 50W, 30 min.

WARNING

ONLY USE THE DEVICE WHILE SITTING. DO NOT STAND ON THE DEVICE.

PARTS LIST



CONTROL PANEL:



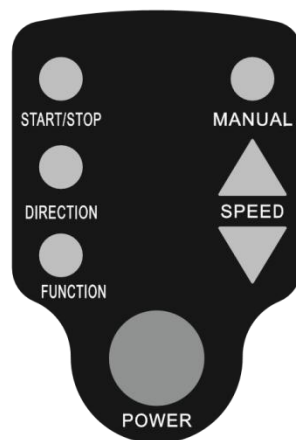
ROMOTE CONTROL:



Note:

When the display is blurred and unclear, please replace 2 * AAA batteries in time.

Introduction to Remote Control Functions

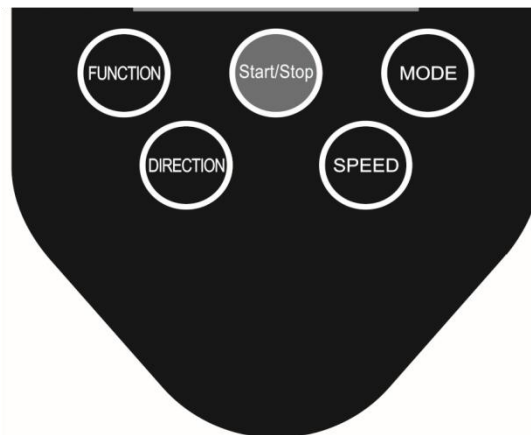


POWER	When the machine is powered on, the display will show four horizontal lines. Press the POWER button to officially use it
START/STOP	Start and pause buttons for Elliptical Trainer
DIRECTION	Press this button to change the working direction of machine
MODE	Press this button to switch the program from Automatic mode (P1,P2,P3) to Manual mode (HR)
SPEED+	Press the button to increase the speed from 1 level to 12 levels
SPEED-	Press the button to decrease the speed from 12 levels to 1 level
FUNCTION	Press this button to switch between time,distance,speed,count and calories

Remove battery cover from remote and insert 2 **AAA batteries** matching polarity marks inside battery compartment.

Note: the battery need to be self-provided.

Introduction to the Functions of the Button Display



MODE	Press the MODE button to switch between manual mode (HR), automatic mode P1 mode, P2 mode, P3 mode
SPEED	Manual mode(HR) has 12 levels of speed which can be increased or decreased by pressing this button, Automatic mode has programmed control with non-adjustable speed
DIRECTION	Press this button to change the working direction of machine
FUNCTION	Press this button to switch between time,distance,speed,count and calories
START/STOP	After the Electric Elliptical Machine is powered on, pressing the START/STOP button will cause the four horizontal bars to disappear and the machine will enter the on state. When the machine is running press the START/STOP button once to stop. After waiting for 1 minute, the machine will return to the off state of the four horizontal bars.

NOTE: DIRECTION BUTTON & SPEED BUTTON only workable in HR mode

Introduction to the Functions of the Host Display



SCAN	Press FUNCTION until the SCAN light comes on, and the screen will automatically display the reading of each function.
TIME	Press FUNCTION until the TIME light is on, the actual training time will be displayed on the screen. The maximum time is 30mins
DISTANCE	Press FUNCTION until the DISTANCE light is on, the display will show the walking distance (meter).
SPEED	Press FUNCTION until the SPEED light comes on, the screen will display the current speed
COUNT	Press FUNCTION until the COUNT lights up, the screen will display the numbers of turn.
CALORIE	Press FUNCTION until the CALORIE lights up, the screen will display the current calorie

Storage and Trouble Shooting

Storage

When not in use, place the product into the box and place in a dry, ventilated, cool area. Do not wiggle the power cord.

Do not place product in direct sunlight or heat. Do not store where there is high humidity, such as bathrooms.

Cleaning

Before cleaning, make sure to turn power off and unplug the power cord, use a damp cloth or middle detergent to clean the surface of the product.

TROUBLE SHOOTING:

If you have problems when using this product, refer to the following tips and possible solutions.

STATUS	POSSIBLE CAUSE	SOLUTION
Product does not turn on	No power	Make sure power cord is plugged in
Product suddenly stops operating	1.No power 2.Working more than 30mins 3.Continuous use time is too long,overheat protection. 4.Overloading	1.Check the power cord is connected 2.Press the Power button to turn the machine on. 3.Let the product cool down,then turn power back on. 4.Don't stand on or not exceed the allowed max user weight

Noise from the product	After long-term use, the friction between the wheels and the base increases and the surface becomes rough.	1. Clean the small wheel and track grooves before use. 2. Solid lubricant is included in the package. Apply the lubricant to the wheels and track grooves to solve the noise problem of the machine.
After 30 minutes of use it stopped	/	The default working time of the machine is 30 minutes.
Does not help with Restless Leg Syndrome	/	This electric elliptical machine is a tool for long-term rehabilitation training or leg fatigue relaxation, and it will not greatly improve the user's symptoms.
Remote control not working	1.The battery is dead 2.The distance between the remote control and the machine is too far 3.Quality problems	1. Replacement battery 2.Please keep the remote control less than 1.5 meters away from the under desk elliptical. 3.Contact store customer service immediately.
Won't lock in settings	The machine may have entered automatic mode P1/P2/P3, so other buttons cannot be operated.	Click MODE, switch to HR (manual mode), and you can adjust the speed and direction.

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.

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

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction

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