

Physiotherapy Room
Electric Mini Elliptical Trainer

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USER'S MANUAL

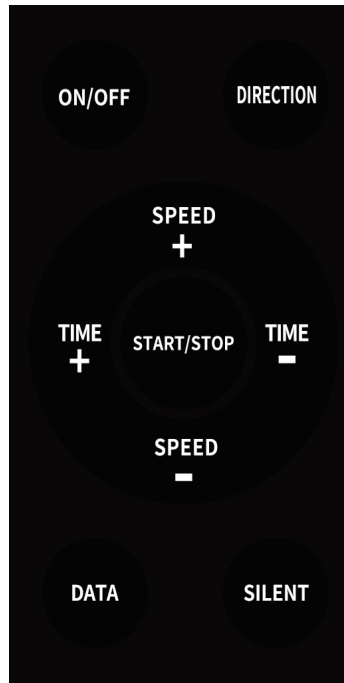
THIS INSTRUCTION BOOKLET CONTAINS IMPORTANT SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

TD05-EB-012

SPECIFICATION

Rated voltage	110V
Motor working voltage	24V
Output power	80W
Output current	0.8A

Introduction to Remote Control Functions



ON/OFF	Start/shutdown (clear data)
DIRECTION	Changing the direction of pedal rotation
SPEED+	Increased operating speed (up to 12 speeds)
SPEED-	Reduced operating speed
TIME+	Increase the operating time of the machine (Plus 5 minutes/session, up to 30 mins)
TIME-	Reduced the operating time of the machine (Minus 5 minutes/session)
START/STOP	Pause/open operation (no data clearing)
DATA	Switching the data on the display
SILENT	Enable/disable beeping

BEFORE YOU BEGIN

WARNING Consult your physician before starting this or any exercise program. This is especially important if you have never exercised before, are pregnant, or suffer from any health problems. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.

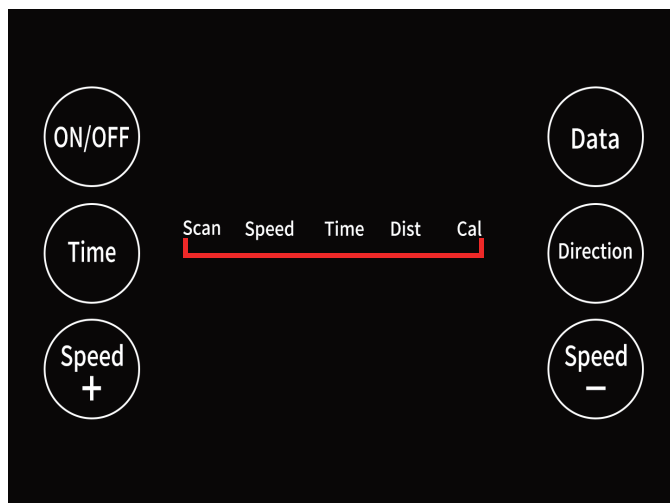


Please read the following safety instructions before using this elliptical machine.

- Turn off the power after each use. After using or before cleaning the machine, unplug the power supply from the outlet.
- Do not cover while using, to avoid motor overheating and causing malfunction.
- Keep children away from the equipment. This machine is for adult use only.
- If you feel uncomfortable or experience any adverse symptoms, stop using the machine immediately.
- Do not use the product if it is damaged or defective.
- Do not insert or place any debris in the product.
- Do not use other medical electronic equipment, such as pacemakers EKG machines.
- Do not use the product in a wet or dusty environment. Do not use in humid environment, such as bathroom.
- Do not store or use the product outdoors. Keep the product away from direct sunlight.
- Do not operate the machine with wet hands.
- Do not allow water and other liquids to touch control switch.
- Do not place the power cord under the product or any heavy object.
- Do not wind the power cord around the product. That could damage the power cord, cause electric shock or electrical fire.
- If the power plug is loose, do not use the product.
- Do not use the power cord to move the product.

- Use the elliptical indoors on a level surface, and keep at least 3 feet of free space all around it.
- If there is a power surge during use, stop using the product.
- Power could injure you.
- The product's rated voltage fits 110V–220V, rated power is 50W.
- Consult your physician, especially if you have any medical conditions such as diabetes.

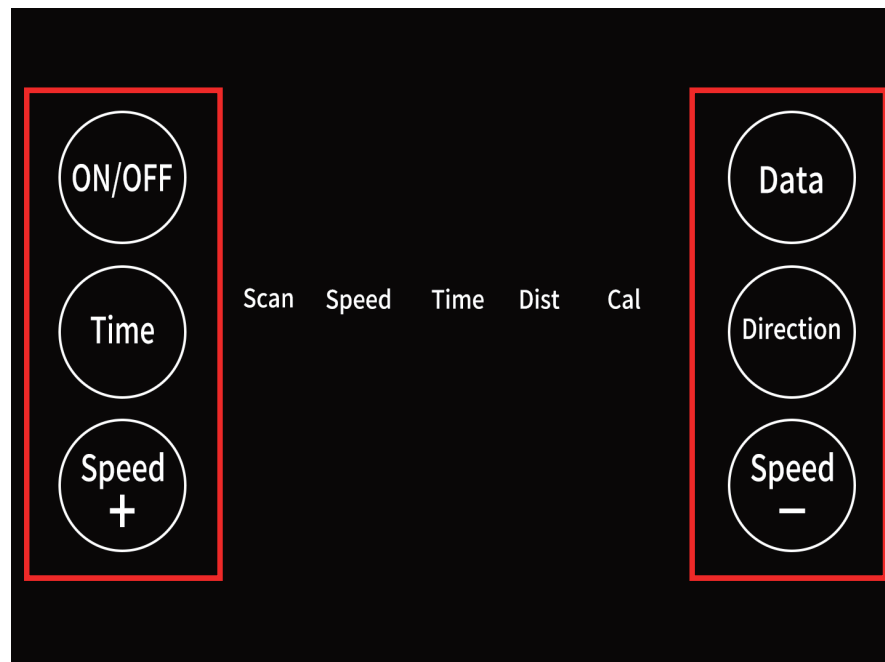
Introduction to the Functions of the Host Display



SCAN	Press DATA until the SCAN light comes on, and the screen will automatically display the reading of each function every 5 seconds
SPEED	Press DATA until the SPEED light come on, and the screen will display the current speed
TIME	Press DATA until the TIME light is on, the actual training time will be displayed on the screen, and the maximum working time is 30 minutes
DIST	Press DATA until the DIST light is on, and the screen will display the walking distance (m)
CAL	Press DATA until the CAL lights is on, and the screen will display the current calorie

- Note: Before the electric elliptical machine is running, the display screen will flash four times, accompanied by four beeps, and then enter the running state

Introduction to Host Button Functions



ON/OFF	Start/shutdown (clear data)
DATA	Switching the data on the display.
TIME	Increase the operating time of the machine (plus 5 minutes/session, up to 30 mins)
DIRECTION	Changing the direction of pedal rotation
SPEED+	Increased speed
SPEED-	Reduced speed