# YOSUDA

# Electric Under Desk Ellipse User Manual



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.

# Catalog

Customer Service.....1

Part List ..... 2

Operation Instruction ..... 3

Care And Maintenance ..... 4

Safety Precautions ..... 6

# CUSTOMER SERVICE

Thank you for selecting the YOSUDA 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:

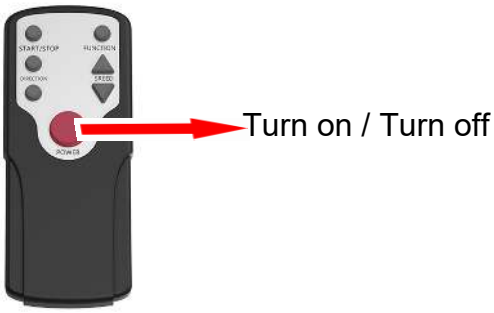
**AvaBestcustomerservice@outlook.com**.

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

# Part List




Remote Control




Control Panel




**REMARK:2*AAA 1.5V battery**

# Operation instruction

1. Access the power cord, after starting the use, it will automatically stop every 30 minutes, and it needs to be started again after re-use.

**After every 30 minutes of use, please let the machine rest for 5 minutes before use**, which is more conducive to the service life of the machine.

2. There are 1-10 manual gears, 3 pre-programmed gears P1-P3, and the movement direction can be switched when is in manual gears.

**When you use control panel:**

1) After plugging in the power supply, the product is in the connected state "--".

2) Press the "power on" button on the machine, the machine is in the -HR-standby state. Press the "power on" button for the second time, the machine is in the first manual gear to start running. Press the "function "key, the machine switches to the pre-programmed mode P1, press this key repeatedly, the machine switches gears cyclically from pre-programmed P1 to pre-programmed P3.

3) The machine in manual gear: "HR" state, press the "Direction " key to switch the direction of movement, press the " Speed " key to adjust the speed 1-10 gear.

4) The "Direction/Speed" key cannot be operated in P1-P3 pre-programmed mode.

5) When the little red dot is in "SCAN" at the display, the data of time/distance/speed/laps/ calories will be cyclically displayed every 5 seconds.

6) You can press the "Mode" key to switch the data that needs to be displayed(the little red dot will not in "SCAN").

**When you use remote control :**

1)Press the "Power" button,and Display the HR state. Then press the "Start/Stop" botton, starts manual mode.

2)When the little red dot is in "SCAN" at the display, the data of time/distance/speed/laps/ calories will be cyclically displayed every 5 seconds.

3)You can press the "Mode" button to switch the data that needs to be displayed(the little red dot will not in "SCAN").

4 ) Press the "function "key, the machine switches from manual mode to the pre-programmed mode.

## Display on Control Panel:

**SCAN:**Press the "Mode" button untill the "SCAN" light appears on the screen;the screen will automatically explore the value of each fuction every five seconds.

**TIME:** Press the "Mode" button untill the "TIME" light appears on the screen;the screen will show the actul time of training.

**DISTANCE:**Press the "Mode" button untill the "DISTANCE" light appears on the screen;the screen will show the walking distance.

**SPEED:**Press the "Mode" button untill the "SPEED" light appears on the screen;the screen will show the current speed.

**COUNTER:**Press the "Mode" button untill the "COUNTER" light appears on the screen;the screen will show the accumulated number of turn.

**CALORIE:**Press the "Mode" button untill the "CALORIE" light appears on the screen;the screen will show the current calories.

## Pre-programmed Exercise Mode(P)

Press the "function" button once for P1 Mode,twice for P2 Mode,third for P3 Mode.The pedal will work at a different speed and direction in Pre-programmed Models.

**Speed and direction can not be changed in the present working programs.**

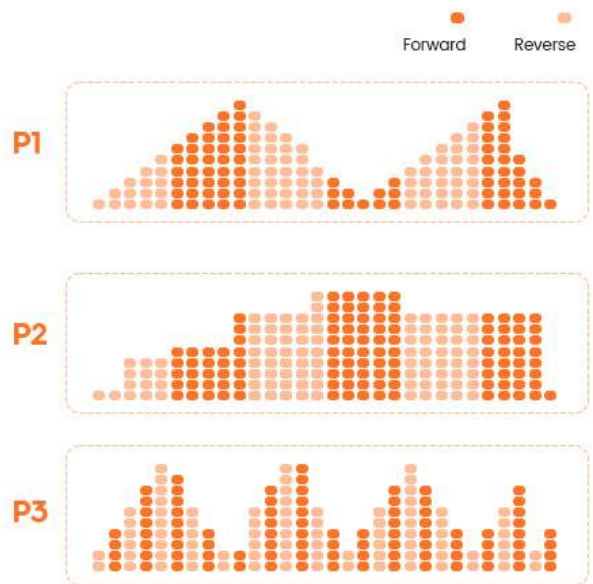
**Note:**When the product is not energized, it is not recommended to step on it quickly, because it will overcharge the circuit board, which will damage the electrical control.

## Pre-programmed Models Introduction:

P1:Pre-programmed mode,gentle leg rehabilitation exercises to help improve your mobility.

P2:Pre-programmed mode,low-intensity exercise for better prevention of varicose veins.

P3:Pre-programmed mode, burn your calories with moderate -intensity exercise!



# Care And Maintenance

## Storage

When not in use, put the product into the packaging box and place it in a dry, ventilated and cool place. Do not twist the power cord. Do not place the product in direct sunlight or high temperature. Do not store in places with high humidity, such as bathrooms.

## Cleaning

Before cleaning, be sure to unplug the power cord: Use a dry cloth to clean the surface of the product.

Do not use corrosive cleaning agents to clean product.

## Troubleshooting

If you experience the following problems while using this product, please refer to the following tips and possible solutions.

| Status | Possible Causes | Solution |
|---|---|---|
| The machine cannot be turned on | Not powered | Make sure the power cord is plugged in |
| The machine stop operating | 1.Loose plug failure<br>2.Used for 30 minutes<br>3.Continuous use for too long, overheating protection, automatic protection | 1.Check whether the power cord is loose.<br>2.Reboot<br>3.Let the product cool down and then turn it back on<br>4.Reduce the weight of use |

# Safety Precautions

**Please be sure to use this product in accordance with the operating instructions.**

1. Please press the on/off key to turn off the power after each use. When not using or cleaning the machine, please unplug the power plug from the socket.

2. Do not cover it during use to avoid failure or damage caused by overheating of the motor.

3. Please do not let children use this device. This device is for adults only.

4. If you feel uncomfortable or have any adverse symptoms when using it, please stop using the machine immediately

5. Do not use if the product is damaged or defective.

6. Do not insert or drop debris into the product.

7. This device is not suitable for therapeutic purposes. Do not use it with other medical electronic devices, such as pacemakers. Do not use this product if there are steel plates or other fixtures in the body after surgery.

8. Do not use this product in humid or dusty environments, such as bathrooms, etc.

9. Do not store or use this product outdoors and keep the product away from direct sunlight.

10.Do not operate the machine with wet hands

11. Do not let water and other liquids come into contact with the control switch

12. Do not place the power cord under the product or under any heavy objects

13. Do not wrap the power cord around the product, as this may damage the power cord and cause electric shock or fire.

14. Do not use the product if the power plug is loose.

15. Do not use the power cord to drag the product directly.

16. Please use the circular knitting machine on a horizontal surface indoors and keep at least 1 meter of debris-free space around it.

17. If there is a power outage during use, please stop using this product. A sudden restoration of power may cause harm to you.

18. The rated voltage of the product is 110V-240V, the rated power is 50W, and the single use time is 30 minutes.

19. Before use, please consult your doctor whether it can be used.

## Warning:Please sit down to use this product. Remember not to stand on the product or step on it!