

Soozier

INapa010_US

A90-302



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY & INSTRUCTION MANUAL

IMPORTANT :

Read all instructions carefully before using this product. Retain this manual for future reference.

Thank you for purchasing the Motorized Elliptical Trainer. Please read the operating instructions carefully before use, especially the safety precautions.

SAFETY INSTRUCTIONS

Be sure to use this product in accordance with the operating instructions.

1. Turn off the power after each use. After using or before cleaning the machine, unplug the power supply from the outlet.
2. Do not cover while using, to avoid motor overheating and cause malfunction or damage.
3. Keep children away from the equipment. This machine is for adult use only.
4. Be aware how you are feeling. If you feel uncomfortable or experience any adverse symptoms, stop the using the machine immediately.
5. Do not use the product if it is damaged or defective.
6. Do not insert or drop debris in the product.
7. This equipment is not suitable for therapeutic use. Do not use with other medical electronic equipment, such as pacemakers or EKG machines.
8. Do not use the product in wet or dusty environment. Do not use in humid environment, such as bathroom.
9. Do not store or use the product outdoors. Keep the product away from direct sunlight.
10. Do not operate the machine with wet hands.
11. Do not allow water and other liquids to touch control switch.
12. Do not place the power cord under the product or any heavy object.
13. Do not wind the power cord around the product. That could damage the power cord, cause electric shock or electrical fire.
14. If the power plug is loose, do not use the product.
15. Do not use the power cord to move the product.
16. Use the elliptical indoors on a level surface, and keep at least 3 feet of free space all around it.
17. If there is a power surge during use, stop using the product. Sudden restoration of power could cause injury to you
18. The product's rated voltage fits 120V, rated power is 50W, 30 min.
19. Consult your physician before use, especially if you have any medical conditions such as diabetes.

WARNING:

ONLY USE THE ELLIPTICAL WHILE SITTING. DO NOT STAND ON THE ELLIPTICAL.
Keep the elliptical on the non-slip mat (included) when using.

PART LIST



CONTROL PANEL



REMOTE CONTROL
Remark:2xAAA 1.5V Battery

OPERATING INSTRUCTIONS

1. Plug in the elliptical.
2. Press "POWER" to start the device.

Auto Exercise Mode(P)

Function: Press this button once for P1 Mode, Twice for P2 Mode, Thrice for P3 Mode.

The pedals will work at a different speed and direction on different Auto Models.

Speed and Direction cannot be changed in the preset working programs

Manual Exercise Mode (HR)

Function: Press this button until HR shows, Elliptical Trainer will work as Manual Model.

There are 5 Speed levels and each speed below

01:1.5KM/H,02:2.5KM/H,03:3.5KM/H,04:4.5KM/H,05:5.7KM/H

Direction: Press it to switch the working direction. Only available on HR Mode

Speed: Press it to increase or reduce speed like 01,02,03,04,05. Only available on HR Mode

Mode: Press it to switch display for Scan,Time,Distance,Speed,Counter,Calorie

Display on Control Panel

Scan	Press the MODE button until the "SCAN" light appears on the screen; the screen will automatically explore the value of each function every five seconds
Time	Press the MODE button until the "TIME" Light appears on the screen; the screen will show the actual length of time of training. (Minute.Second)
Distance	Press the MODE button until the "DISTANCE" Light appears on the screen; the screen will show the Walking Distance (Meter)
Speed	Press the MODE button until the "SPEED" Light appears on the screen; the screen will show the Current speed
Counter	Press the MODE button until the "COUNTER" Light appears on the screen; the screen will show the Accumulated numbers of turn.
Calorie	Press the MODE button until the "CALORIE" Light appears on the screen; the screen will show the Current calorie

The elliptical automatically shuts off after 30 minutes. When there is 1 minute remaining, the elliptical will beep.

WHEN POWER IS OFF OR NOT PLUGGED IN: OPERATING INSTRUCTIONS

You can use the elliptical trainer when it is not plugged in or when the power is off.

You can pedal forward or backward directly.

MOVING THE PRODUCT

Always use the built-in handle to carry or move the elliptical trainer.

PRODUCT CARE

Storage

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

Do not twist 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 mild detergent to clean the surface of the product.

TROUBLESHOOTING

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

Status	Possible Cause	Solution
Product doesn't turn on	Not powered	Make sure power cord is plugged in
Product suddenly stops operating	1.Power failure 2. Timer exceeded 30 minutes. 3.Continuous use time is too long, overheat protection 4.Beyond Max User Weight to stand on pedal. Protection Action	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 Beyond user weight