

Seated Elliptical Bike Machine with Remote Control



WAKEMAN
FITNESS

Owner's Manual

READ THIS MANUAL BEFORE USING THE PRODUCT
AND RETAIN FOR FUTURE REFERENCE

This Elliptical Machine by WAKEMAN Fitness is a compact pedal exercise trainer that you can safely use in your home or office while seated on a chair or on your living room sofa.

Its low profile can allow you to use it under most desks. You can conveniently operate this machine using the manual control panel right on the unit or the provided remote control.



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Safety Instructions



Important:

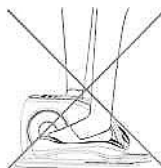
Please read the operating instructions carefully before use, especially the safety precautions. These precautions are listed to prevent damage to the product and injury to users.

1. **Consult your physician before use, especially if you have any medical conditions such as diabetes.**
2. This appliance can only be used by children under adult supervision. All cleaning and maintenance must be completed by an adult.
3. Turn off the power after each use. After using or before cleaning the product unplug the power supply from the outlet.
4. Do not cover while using, to avoid motor overheating and cause malfunction or damage.
5. Be aware how you are feeling. If you feel uncomfortable or experience any adverse symptoms, stop the using the product immediately.
6. Do not use the product if it is damaged or defective.
7. Do not insert or drop debris in the product
8. This product is not suitable for the therapeutic use. Do not use with other medical electronic equipment such as pacemakers or EKG machines.
9. Do not use the product in a wet dusty or environment Do not use it in a humid environment such as bathroom.
10. Do not store or use the product outdoors. Keep the product away from direct sunlight.
11. Do not operate the product with wet hands.
12. Do not allow water and other liquids to touch control switch.
13. Do not place the power cord under the product or any heavy object
14. Do not wind the power cord around the product. That could damage the power cord, cause electric shock or electrical fire.
15. If the power plug is loose, do not use the product
16. Do not use the power cord to move the product
17. Use the product indoors on a level surface and keep at least 3 feet of free space all around it.
18. If there is a power surge during use, stop using the product. Sudden restoration of power could cause injury to you.
19. Place the machine on a clean flat floor. Gel pads have been placed on the base of the product to keep it in place. We recommend putting it on top of an anti-skid rug mat for even added stability.

Warning

Only use the product while sitting. Do NOT stand on the product.

MAXIMUM WEIGHT CAPACITY=50.5 LBS.



PACKAGE INCLUDES:



Elliptical Machine



Remote Control



Power
Cord



User
manual

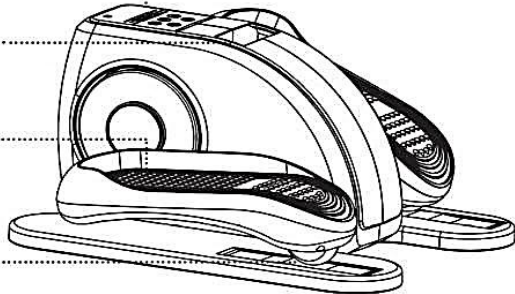
Parts

Control Panel

Handle and
Remote/Smartphone Holder

Pedal

Slide Track

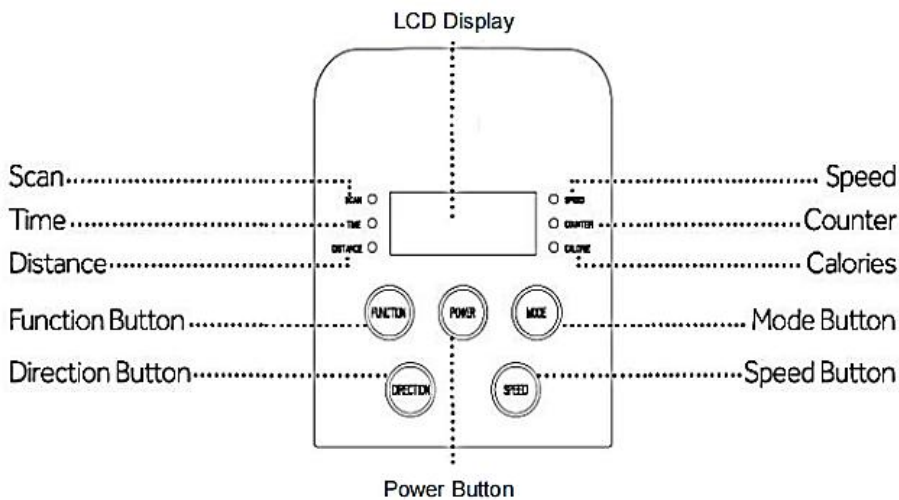


The remote control uses two 1.5V AAA batteries(NOT INCLUDED).



Batteries must be disposed of according to the local laws and regulations. Some batteries may be recycled and may be accepted for disposal at your local recycling center. Check with your municipality for recycling instructions.








CONTROL PANEL Functions



BUTTON	FUNCTION
Power Button	The machine will be available to work or stop, press Power button twice to start and press once to stop.
Direction Button	Press to shift the pedal working direction. ONLY available on Manual Exercise HR mode.
Speed Button	Press to increase or reduce speed level from 01-05. Only available on Manual Exercise HR mode.
Mode Button	Press to switch the display to Scan, Time, Distance, Speed, Counter and Calories.
Function Button	Press to select Auto Exercise(PI-P3) or Manual Exercise(HR)

REMOTE PANEL Functions



BUTTON	FUNCTION	ACTION
 START/STOP	Start or stop the machine	
 DIRECTION	Forward/Backward switch button	Press to shift the pedal working direction. ONLY available on Manual Exercise HR mode.
 MODE	Mode cycle switching display	Press to switch the display to Scan, Time, Distance, Speed, Counter and Calories.
 FUNCTION	Automatic program or manual program cycle switching	Press to select Auto Exercise(PI-P3) or Manual Exercise(HR)
 SPEED	Increase Time	Press to increase time. Press to increase speed level from 01-05. ONLY available on Manual Exercise HR mode.
 SPEED	Decrease Time	Press to decrease Time. Press to reduce speed level from 01-05. ONLY available on Manual Exercise HR mode.
 POWER	Power on or power off the machine	Press Power button and Start/Stop button to start or stop.
Remarks	When machine is working and Function button is pressed, please wait 3 seconds to restart.	

Operating Instructions

1. Plug in the machine.
2. Using either the manual panel or the remote control, press POWER button on, then press START/STOP button.
3. Press the FUNCTION button to switch to **Automatic Exercise P1,P2,P3** or to return to **Manual Exercise (HR)**.

MANUAL EXERCISE (HR):

- By default, the product starts in Manual Exercise (HR).
- To use Manual Exercise (HR), press the FUNCTION button one more time after you see P3.
- Only available in Manual Exercise (HR): you can press the FUNCTION button. Once to shift the PEDAL DIRECTION between moving forward or backward.
- Only available in Manual Exercise (HR): press the SPEED button to increase from 01-05. There are 5 speed levels:

Speed Level 01	1.5 km/h
Speed Level 02	2.5 km/h
Speed Level 03	3.5 km/h
Speed Level 04	4.5 km/h
Speed Level 05	5.7 km/h

- Press the MODE function to switch LCD display to show SCAN, TIME, DISTANCE, SPEED, COUNTER and CALORIES.

AUTOMATIC EXERCISE (P1,P2,P3)

- Press the FUNCTION button once for P1, twice for P2 and thrice for P3.
- The pedals will automatically rotate at different speed and direction based on the different pre-set programs.
- SPEED and pedal direction cannot be adjusted in this mode.

Automatic Exercise P1, P2, P3 Table (Time 1min-30min)

P1-P3	TIM (min)	1m	2m	3m	4m	5m	6m	7m	8m	9m	10m	11m	12m	13m	14m	15m	16m	17m	18m	19m	20m	21m	22m	23m	24m	25m	26m	27m	28m	29m	30m
P1	SP	1	1	2	2	2	3	3	3	3	4	4	4	4	4	5	5	5	5	5	5	4	4	4	4	4	4	4	3	3	3
	DIR	F	F	F	F	F	B	B	B	B	B	F	F	F	F	B	B	B	B	B	B	F	F	F	F	F	B	B	B	B	B
P2	SP	1	1	2	2	2	3	3	3	3	4	4	4	4	4	5	5	5	5	5	5	4	4	4	4	4	4	4	3	3	3
	DIR	B	B	B	B	B	F	F	F	F	F	B	B	B	B	B	F	F	F	F	F	B	B	B	B	B	B	F	F	F	F
P3	SP	1	2	3	4	5	4	3	2	1	2	3	4	5	4	3	2	1	2	3	4	5	4	3	2	1	2	3	4	5	5
	DIR	B	F	B	F	B	F	B	F	B	F	B	F	B	F	B	F	B	F	B	F	B	F	B	F	B	F	B	F	B	F

TIM= Time

SP= Speed

DIR= Direction

F= Front

B= Back

Display Functions

Scan

Press the MODE button until the word SCAN appears on the screen; the screen will automatically explore the value of each indicators every five seconds.

Time

Press the MODE button until the TIME light appears on the screen; the screen will show the actual time of training. (Minute. Second). Max Working Time:30 Minutes.

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 laps.

Calories

Press the MODE button until the CALORIES light appears on the screen; the screen will show the current calories.

Turn Off

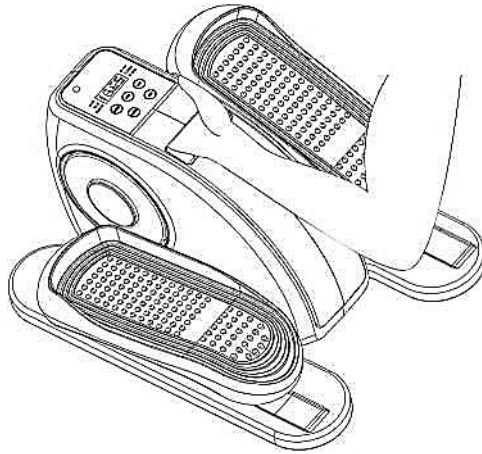
- Press “START/STOP” button to stop the operation.
- Press “POWER” button to turn the machine off.
- The machine has a timer that automatically stops after 30 minutes. You will hear a beep when there is 1 minute left on the countdown.
- Press the START/STOP button to restart the timer at 30 minutes to continue exercising.

Recommendation:

Although you can continue to re-start to continue exercising, we suggest letting the unit rest for 10 minutes after each 30-minute cycle.

Moving the product

Always use the built-in handle to carry or move the product



Product Care

Storage

- When not in use, place the product in 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 dry non-abrasive cloth to clean the surface of the product.
- Do not use corrosive cleaning agents to clean the product

Troubleshooting

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

Status	Possible Cause	Solution
Product does not turn on	Not powered	Make sure power cord is plugged in
Product suddenly stops operating	1.Power failure	1.Check the power cord is connected
	2. The maximum timer length is 30 minutes. The product automatically shuts off after 30 minutes	2.Press the Power button to turn the product on
	3. Continuous use time is too long-overheat protection triggered shutdown	3.Let machine cool down-wait at least 10 minutes, then turn on again.
	4. User stood on the pedals or have placed weight on the product that is more than maximum capacity weight of 50.5 lbs	4.Do NOT stand on the product nor go beyond maximum weight capacity

Specifications

Power	50W
Voltage / Frequency	100-240V/50-60Hz
Category	Class II
Water resistance	IPX0 (Keep this product away from water to prevent damage. For indoor use only.)
Working environment	Temperature: 0°C ~ 40°C (32 degrees to 104 degrees in Fahrenheit) / Humidity: 10% ~90%
Safety Standard	EN60335-1
Maximum Weight Capacity	25kg/50.5lbs

The use of a seated elliptical trainer is great for beginners

This method of exercise is a wonderful choice if you need less stress on the joints while conditioning your heart and lower body. An elliptical trainer can give you a low-impact workout which is ideal for certain individuals because it is easier on the knees, ankles, and hips. It can also be helpful in promoting maintaining one's nature range of motion and movement in your lower extremity and helps build and maintain strong bones and muscles.

Low-impact exercise is recommended to reduce health risks and maintain physical conditioning. **Please confer with your doctor before trying this workout or any workout program.**

The first time you use a seated elliptical trainer you will feel it the most in your lower body, especially the quadriceps (the muscles in the front of your thighs) and your calf muscles (the ones in your lower leg). It is normal to feel a slight burn as your muscles work and you may need to start with a shorter workout and slowly work your way up to longer workouts as you build more endurance and strength.

Make sure to monitor your intensity or how fast you exercise

This is especially important when you start a new workout program. The easiest way to do this is to start slowly and monitor how fast you go. During your first weeks of working out with a seated elliptical trainer; you may want to start at a level between 1-3, depending on your current cardiovascular abilities and fitness level. As you become more accustomed to the exercises make slow incremental adjustments throughout your workout, so you can work at a moderate level at which you are able to talk as you exercise and not feel winded or have difficulty breathing and talking at the same time. If you start at a level which is too hard you can put yourself at risk for injury. It is important to slowly allow your body the time it needs to build its endurance and strength when first starting an exercise program.

Things to keep in mind when starting an exercise program:

- Follow each segment of the workout to find a pace/resistance that allows you to work at a comfortable rate.
- Slow down if you feel too breathless, “winded” or if your muscles twitch, feel weak or fatigued. You should feel like you are exercising, but you should also be able to talk in full sentences.
- Consider performing your workout about three times a week with a day of rest in between as needed.
- Progress by adding a few minutes each time you work out until you are up to 30 minutes.
- Stretch your lower body after your workout is also important to prevent injury.
- Make sure you stay hydrated and drink plenty of water before and after working out.

Sample Workout Programs

Time	Intensity/Pace
5 min	Warm up at a comfortable pace and keep the resistance between 1-2.
3 min	Increase the resistance by one level. (2-3) You should feel you are working, but you should be able to carry on a conversation.
2 min	Increase your resistance once again so that you are between level 3-4 until you are working slightly harder than at your starting rate.
3 min	Decrease the resistance.
2 min	Increase your resistance once again until you are working slightly harder than baseline.
5 min	Decrease the resistance back to a comfortable level to cool down.

Total Workout Time: 20 Minutes

To progress with this workout, start with adding another three minutes at the second stage of the exercises and then increasing your time for two additional minutes before doing the five-minute cool down at the end of your workout. This should extend your workout to 25 minutes.

(See examples below)

You can stay at that level for a week and then add another segment of three minutes easier work and two minutes harder work. Now you are at the 30-minute level for exercise, (see below).

Here are 3 workout examples showing how to grade the activity to increase stamina (increase period from 20,25,30 minutes):

Note: Exercises can also be varied by the level of starting intensity*:

Sample workouts:

Time	Intensity/Pace*	Notes in forward direction
5 min	1-2	Warm up
3 min	Increase one level (2-3)	
2 min	Increase one level (3-4)	(If able to increase)
3 min	Decrease one level	
2 min	Increase one level	
5 min	Decrease one level	Cool down
20 min total		

Time	Intensity/Pace	Notes in forward direction
5 min	1-2	Warm up
6 min	Increase one level (2-3)	
2 min	Increase one level (3-4)	(If able to increase)
3 min	Decrease one level	
2 min	Increase one level	
7 min	Decrease one level	Cool down
25 min total		

Time	Intensity/Pace	Notes in forward direction
5 min	1-2	Warm up
6 min	Increase one level (2-3)	
4 min	Increase one level (3-4)	(If able to increase)
6 min	Decrease one level	
2 min	Increase one level	
7 min	Decrease one level	Cool down
30 min total		

Sample workouts: More Challenging

Time	Intensity/Pace	Notes
0-3 min	1	Forward direction
3-5 min	2	
5-10 min	3	
10-15 min	3	Reverse direction
15-20 min	2	Continue reverse direction
20-22 min	3	Forward direction
23-25 min	4	Forward direction
25-30 min	3	Cool down forward direction
30 min total		

Sample workouts: Endurance

Time	Intensity/Pace	Notes
0-3 min	2	Forward direction
3-5 min	3	Forward direction
5-10min	4	Forward direction
10-15 min	5	Forward direction
15-20 min	5	Reverse direction
20-25 min	4	Forward direction
25-30 min	3	Forward direction/Cool down

Sample workouts: Hills- Increased difficulty

Time	Intensity/Pace	Notes
0-2 min	2	Forward direction
2-4 min	3	Forward direction
4-8 min	4	Forward direction
8-10 min	5	Forward direction
10-12 min	4	Forward direction
12-15 min	5	Forward direction
15-18 min	4	Forward direction
18-20 min	3	Forward direction
20-22 min	4	Forward direction
22-25 min	5	Forward direction
25-28 min	4	Forward direction
28-30 min	3	Forward direction/Cool down
30 min total		

CUSTOMER SERVICE

Contact us through our website:
www.TeamCustomerService.com

If you have any question about assembly, use or possible missing part, please contact us and we will be glad to assist you.