ANCHEER

UNDER DESK ELLIPTICAL TRAINER

USER MANUAL

Customer After-Sales Service

Phone Number: 626 688 9296
Mailbox: supportharpy@gmail.com
Working Time: Monday - Friday
9:00am-12:30pm 2:00pm-6:00pm (PST）

CONTENTS

1. WARNING & SAFETY CAUTIONS 1
2. OVERVIEW 2
3. INTRODUCTION OF THE WORKING MODE 3
3.1 AUTO MODE 4
3.2 MANUAL MODE 4
4. REMOTE CONTROLLER 5
5. PRODUCT CARE & MAINTENANCE 6
6. FCC CERTIFICATION 6

NO STANDING

WARNING
DO NOT USE WHILE STANDING.
USE ONLY WHEN SITTING.
STANDING ON THE UNIT MAY CUASE SERIOUS INJURY.

IMPORTANT

1. Read carefully before first use.
2. Only use while sitting, do not stand on the machine.
3. Please turn on the power before using the product.
4. The pedals can only move backwards when unplugged. It is not recommended to pedal forward and it will damage the machine.
5. Keep all safety information and instructions for future reference and pass them to subsequent users of the product.

1.WARNING & SAFETY CAUTIONS

Thank you for the purchase of the ANCHEER under desk elliptical, This manual is a part of this product, which is intended for the end-user of the product. Please familiarize yourself with all the information included before using the product.

① Consult your physician before using, be aware how you are feeling. If you feel uncomfortable or experience any adverse symptoms, stop the using the machine immediately.
② This machine is not suitable for therapeutic use. Do not use with other medical electronic equipment, such as pacemakers or EKG machines.
③ Keep children and pets away from the machine,It is designed for adult and elder,especially suitable for office and home use.
④ Use the machine on a solid, flat level surface with a protective cover for your floor or carpet.
⑤ Do not use the product in wet or dusty environment,such as bathroom.
⑥ Do not use the machine with wet hands. Do not insert any object into the charger input. This may cause damage to the product or electric shock.
⑦ Do not place fingers or objects into the moving parts of the machine
⑧ Do not cover while using,to avoid motor overheating and causing malfunction or damage.
⑨ Do not place the power cord under the product or any heavy object.
⑩ Do not use the power cord to move or drag the machine
⑪ Do not wind the power cord around the product. That could damage the power cord, cause electric shock or electrical fire.
⑫ Do not use the machine if the power plug is loose.
⑬ Turn off the power after each use or before cleaning the machine.

2.OVERVIEW

There is no need to assemble when you open the packing,The ANCHEER desk elliptical is ready to use without any installation required.

CONVENIENT TO CARRYING

☑ Take the handle carefully to move the machine.
☒ Please do not take the pedal to move the machine. It may damage the machine.
Meanwhile, the handle place can hold the remote, which can help you store the remote well.

3.INTRODUCTION OF THE WORKING MODE

FUNCTION BUTTON

DATA BUTTON: Press it to check scan, time, distance, speed, counter, calorie
POWER BUTTON: Press it to turn on or turn off the machine
MODE BUTTON: Press it to switch modes: automatic mode (P1/P2/P3) and manual mode (HA)
DIRECTION BUTTON: Press it to change the working direction ,forward or backward
SPEED BUTTON: Press it to increase or decrease the speed (1-5)

Note: DIRECTION BUTTON & SPEED BUTTON only workable in HA mode.

DATA DISPLAY

SCAN: This function will automatically scan through all of the data displayed on the bottom line of the display screen
TIME: Automatically keep track of your time for each session
DISTANCE: Automatically keep track of your distance for each session
SPEED: Automatically keep track of the current speed you used
COUNTER: Automatically keep track of your counts for each session.
CALORIES: Keep track of your calories burned for each session

OPERATING PROCEDURES

① Plug the ANCHEER desk elliptical into power.
② Press the "POWER"to turn on the device
③ Press the "MODE" to choose the mode （P1/P2/P3/HA）you prefer when using.
④ Press the "POWER"again to start your exercise

Manual Mode: HA | Auto Mode: P1 | Auto Mode: P2 | Auto Mode: P3

3.1 AUTO MODE (P1-P3)

1. Press the "Mode" button until P1/P2/P3 shows, the machine will work at AUTO Mode.
2. Direction and speed can not be changed in AUTO mode, the machine will work according to the predetermined program.
3. The running time in AUTO mode is 30 minutes, and the machine will produce the "beep" sound at the last minute, then turn off automatically.

Details of the predetermined program are as follow:

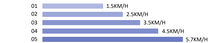
Auto Mode P1-P3

P1-P3	Time(Sec)	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
P1	Speed	1	2	3	2	3	2	3	2	3	4	5	4	5	4	5	4	5	4	5	4	5	4	5	4	5	4	5	3
	Direction	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward
P2	Speed	1	2	3	2	3	2	3	2	3	4	5	4	5	4	5	4	5	4	5	4	5	4	5	4	5	4	5	3
	Direction	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward
P3	Speed	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	5
	Direction	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward	Forward

3.2 MANUAL MODE (HA)

When Press **"Mode"** button until **"HA"** shows, the machine will work at Manual Mode.
Press the **"Direction"** button to switch the pedal running direction (Forward/Backward)
Press the **"Speed"** button to increase or decrease speed level (1-5 Speed Level)
Press the **"Data"** button to switch display for Scan, Time, Distance, Speed, Counter, Calorie.

There are 5 Speed levels and each speed are as follows:



Note: Both AUTO mode and MANUAL mode are used after the machine is plugged in.

4.REMOTE CONTROLLER

Operation keep same as control panel

***NOTE: AAA 1.5V X 2 battery need to be self-provided**

5.PRODUCT CARE & MAINTENANCE

5.1 STORAGE

☑ Fold the plug orderly and tie it up, which can be put in the remote hole.
☑ Keep it in a dry place.

5.2 CARE AND MAINTENANCE

☑ It is recommended that lubricate oil is put on the moving parts (wheels and slide rail) monthly.
☑ Keep the machine clean with a cloth after use each time.

6.FCC CERTIFICATION

(1) This device may not cause harmful interference.
(2) This device must accept any interference received, including interference that may cause undesired operation.

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.

FC **FCC ID:2ASGJ-TD0015-18**

MADE IN CHINA