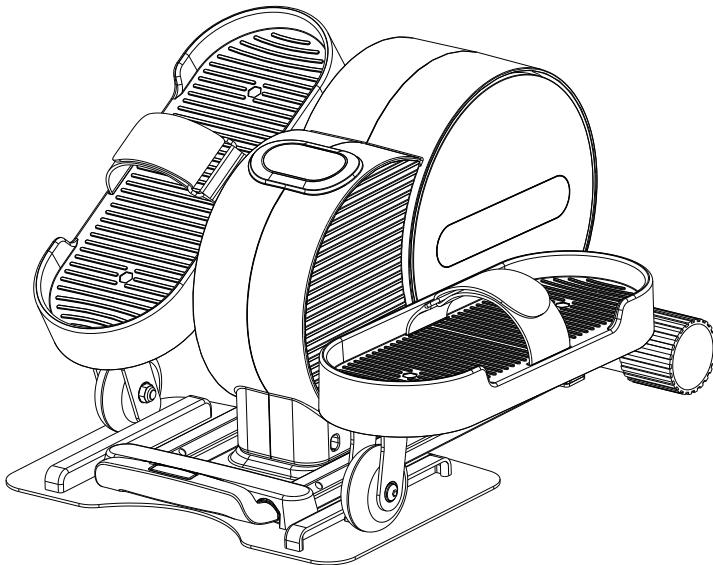


ANCHEER

Electric Under Desk Elliptical Machine

User Manual



Phone: [Your support phone number]
Email: support@[yourcompany].com
Website: [yourcompany].com/support

Table Of Contents

| | |
|--|----|
| Welcome to ANCHEER!..... | 1 |
| Before You Begin Important Cautions..... | 2 |
| Safety Instructions..... | 3 |
| Warning Labels..... | 4 |
| Package Listing..... | 5 |
| Assemble Guide..... | 6 |
| Control panel instructions..... | 8 |
| Remote control..... | 10 |
| program instructions..... | 11 |
| App instructions..... | 12 |
| How to move the product..... | 13 |
| Tips for Use..... | 14 |
| Parameters..... | 15 |
| FCC Warning..... | 16 |

Welcome to ANCHEER!

We're delighted you've chosen the ANCHEER Under Desk Elliptical on your journey towards a healthier, more active lifestyle.

Before you begin, we recommend you familiarize yourself with important information regarding the safe and effective use of the ANCHEER Under Desk Elliptical. This ensures that you and your loved ones can fully enjoy its benefits while prioritizing safety.

Please take a moment to review the safety notes and warnings provided in this user manual. If you have any questions or require assistance, don't hesitate to reach out:

Phone: [Your support phone number]

Email: support@[yourcompany].com

Website: [yourcompany].com/support

Let's embrace an active and healthy journey with ANCHEER!

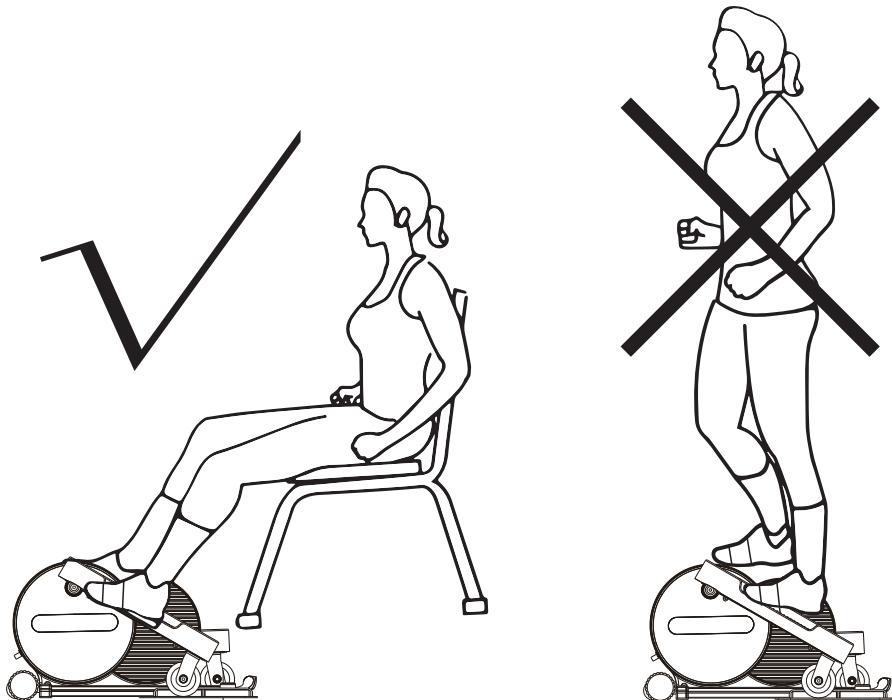
BEFORE YOU BEGIN

Important Cautions

CAUTION: Consult your physician before beginning this or any exercise program. This is particularly crucial if you are new to exercising, pregnant, or have pre-existing health conditions. If you experience faintness, dizziness, or pain during exercise, stop immediately and consult your physician.

CAUTION: Use only while seated. Do not attempt to use it while standing. Failure to adhere to these warnings and instructions may result in serious injury or death.

CAUTION: To minimize the risk of injury, please review the following Safety Instructions before using the machine.



Safety Instructions

1. Carefully read and follow all warnings and cautions posted on the machine.
2. This machine is not intended for therapeutic purposes. Avoid using other medical electronic devices, such as pacemakers or EKG machines, while operating the machine.
3. Check and ensure you have all parts and tools listed in the manual. Use only recommended tools and parts for safe operation.
4. Inspect the machine for any worn or loose components before use. Securely tighten or replace any compromised components prior to operation.
5. Install and operate the machine on a stable, flat-level surface to ensure safety and proper function.
6. Do not allow children to use or play on the machine. Keep children and pets away from the machine during use. Small parts pose a choking hazard if swallowed.
7. Be careful to maintain your balance on your chair while using, mounting, or dismounting the machine. Losing balance may result in a fall and serious injury.
8. Avoid using or storing this product in wet or dusty environments, such as bathrooms, near water sources, or outdoors.
9. Wear appropriate athletic clothing and footwear when exercising. Avoid wearing loose or flowing garments that may get caught in the equipment.
10. Do not operate the machine with wet hands. Refrain from inserting any objects into the charger input to prevent damage or electric shock.
11. Avoid placing fingers or objects into the moving parts of the machine.
12. Avoid covering the machine during use to prevent motor overheating and potential malfunction or damage.
13. Do not place the power cord under the product or any heavy objects.
14. Refrain from moving the device by holding the pedals, crank arms, or pulling the power cord.
15. Avoid winding the power cord around the product, as this may damage the power cord and pose a risk of electric shock or fire.
16. Do not use the machine if the power plug is loose.
17. Turn off the power after each use and before cleaning the machine to ensure safety.

Equipment Warning, Caution & Notice Labels

This chart is provided to help identify the warning, caution, and notice labels on ANCHEER. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

Main Warning

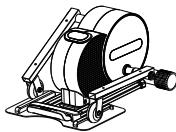


pre-use warning



Package Listing

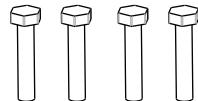
| | | |
|-------------------|-----------------------|---------------------|
| ③ Main Frame *1 | ① M6 Non-Slip Nut *4 | ⑦ Remote Control *1 |
| ④ Foot Pedal *2 | ② $\Phi 6$ Washers *4 | ⑧ Power Adapter *1 |
| ⑤ M6 Hex Bolts *4 | ⑥ Wrench *1 | ⑨ Dumbbell *2 |



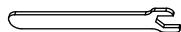
① Main Frame (x1)



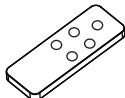
② Foot Pedal (x2)



③ M6 Hex Bolts (x4)



⑤ M6 Non-Slip Nuts (x4) ⑥ $\Phi 6$ Washers (x4) ⑦ Wrench (x1)

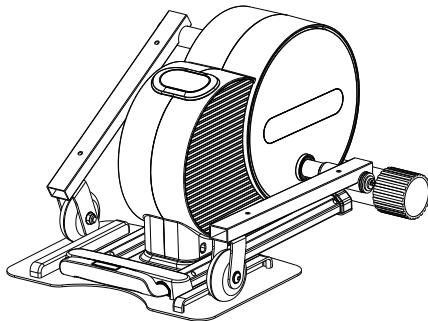


⑧ Remote Control (x1) ⑨ Power Adapter (x1) ⑨ Dumbbell (x2)

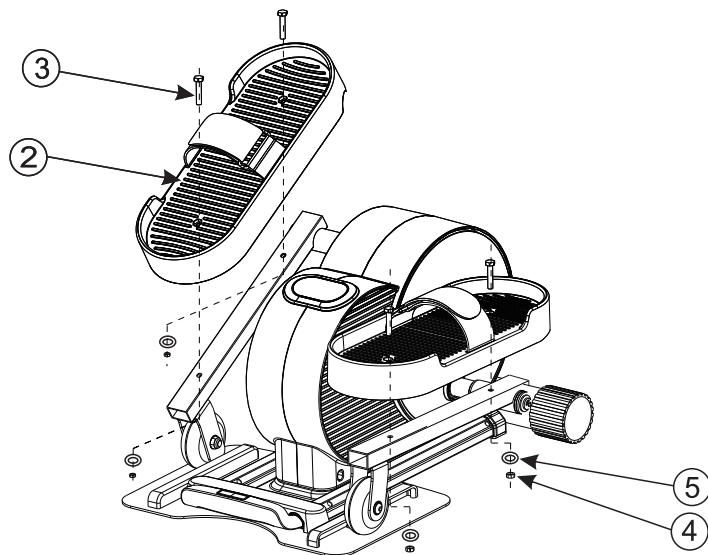
NOTE: If any of the components listed above are missing in your box, or broken, please contact support.com, and indicate which component needs replacement along with photos of breakage, if applicable.

Assemble Guide

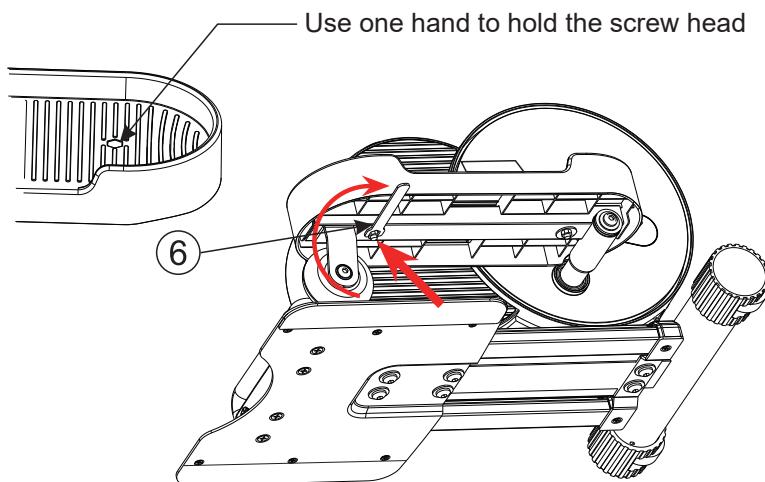
1.1 Take out the product from carton and take off the PE bag, then put it on the flat floor.



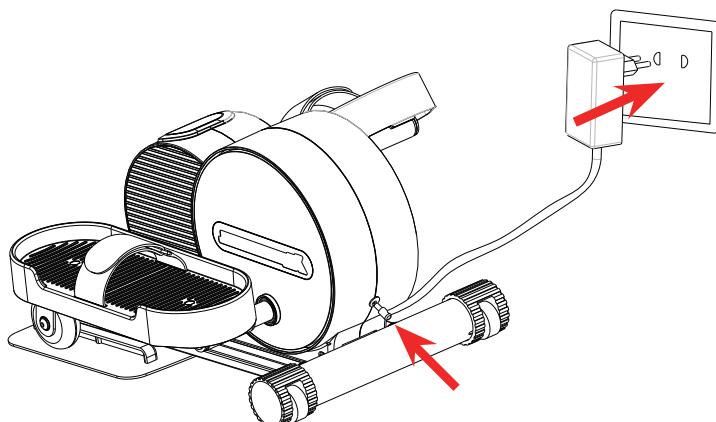
1.2 Align left and right pedal with the installing holes, then put screw ③ through pedals and stepper, after that use flat gasket 5 and nut 4 to lock the screw, as below picture.



1.3 Make sure the head of the screws is in the screw hole, then use one hand to hold the screw head and use the other hand to lock the nut ⑥ on the screw with the spanner



1.4 You can connect the power source with the adaptor(insert DC plug to the product), now your product is ready.



USING YOUR ANCHEER MACHINE

Please make sure below issues are all done before you start to use the product

- Please make sure the product is set on flat floor to avoid the shaking.
- Insert the correct power wire to make sure stable power supply.
- There will be “ **HA** ” show on the left of display, then you can press start key to use the product.

Operation instructions



- The display include left/right display and functional keys area. The left display will show mode and speed, the right display will show step and time, below is functional keys area.



- Mode and speed display
- It will show mode and speed, the initial content is manual mode HA.
- There are 4 modes, they are HA,P1,P2,P3.The speed range is 1-5 levels.
- The display content will switch in every 5 seconds.



- Step and time display
- The initial display content is 000, it will start from 29min 59 second count down after the product is working.
- The step display will increase from 000 to 9999.
- The display content will switch in every 5 seconds.
- The step display will return to 000 if the product power is cut.



Direction key: You can change the pedals' direction(forward or backward)



Mode key: You can choose the mode by touching this key before starting the product.



Start/Stop key: You can start/stop the product by touching this key.



Speed+: You can increase the speed by touching this key, the max level is 5

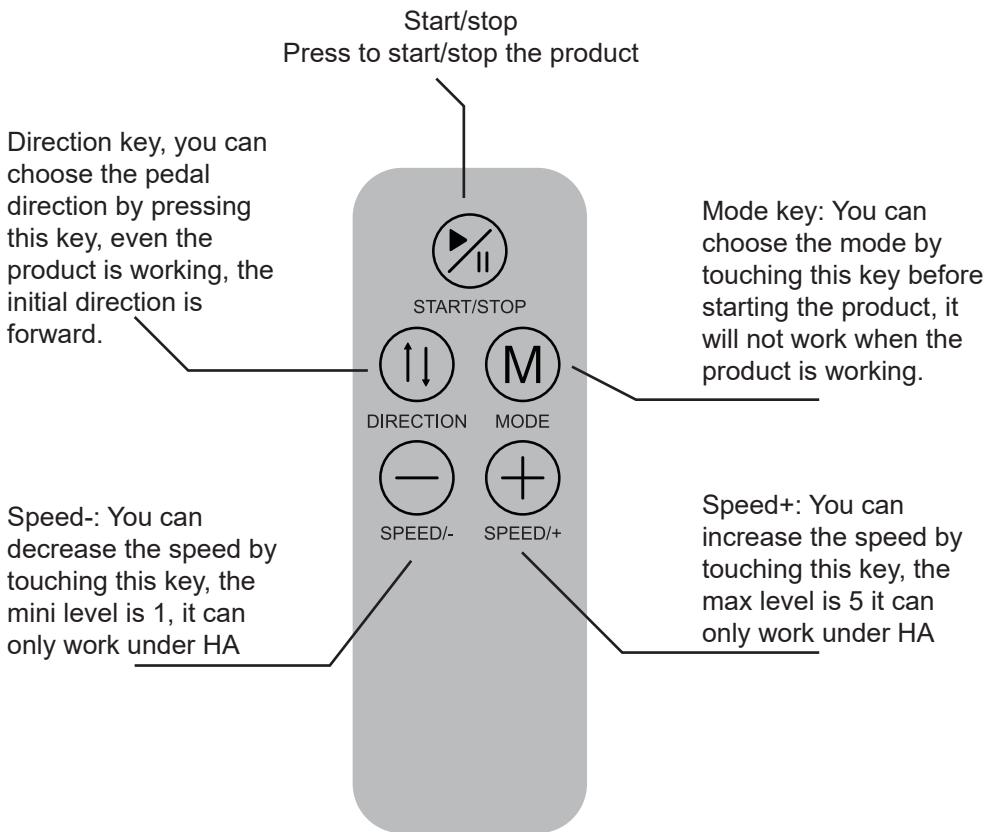


Speed-: You can decrease the speed by touching this key, the min level is 1

Note:

1. Direction/speed+-can only work on HA mode, P1/P2/P3 will work on program.
2. Mode key can only use when the product is ready, you can not change mode when the product is working.
3. The speed range is 1-5 levels.

Remote control



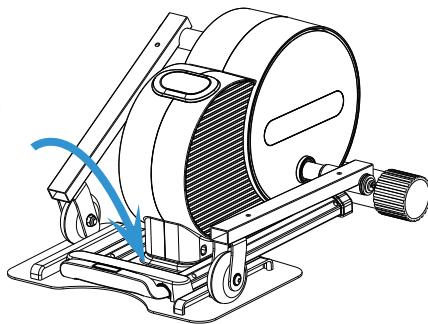
REMOTE CONTROLLER



Operation keep same as control panel

NOTE: When replacing the battery, it is recommended to choose a CR2025 button cell battery.

Magnetic remote control storage location.



P1/P2/P3 program instructions

| 模式 | 时间 | 30m | 29m | 28m | 27m | 26m | 25m | 24m | 23m | 22m | 21m | 20m | 19m | 18m | 17m | 16m | 15m | 14m | 13m | 12m | 11m | 10m | 9m | 8m | 7m | 6m | 5m | 4m | 3m | 2m | 1m |
|----|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----|----|
| P1 | Speed | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | |
| | Direction | Front | Front | Front | Front | Back | Back | Back | Back | Back | Front | Back | Back | Back | Back | | |
| P2 | Speed | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | |
| | Direction | Back | Back | Back | Back | Front | | |
| 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 | 4 | 5 | 1 |
| | Direction | Back | Front | | |

APP instructions

Scan the QR code on the right



[Http://ifitshow.com/qr](http://ifitshow.com/qr)



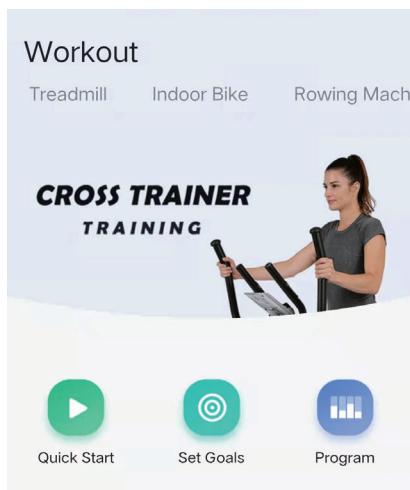
Then your device will switch to APP store, download and install this APP, Enter the APP and set the authority



Log on the APP, you can register with your phone number or mail address



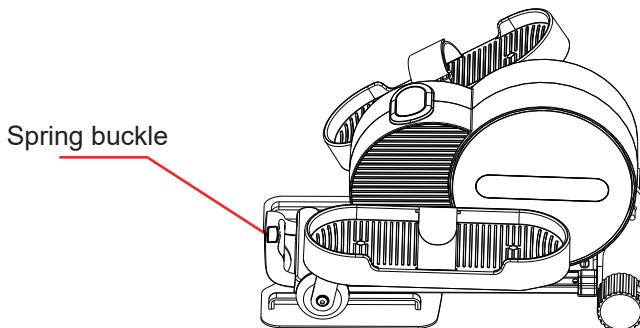
Select indoor bike program, then press start to turn on the product.



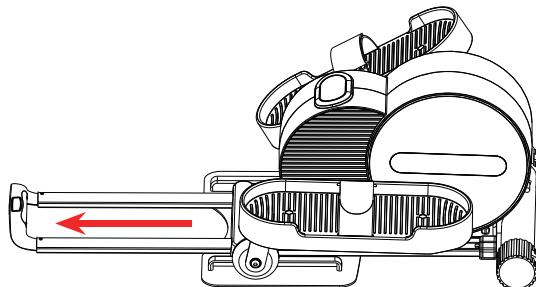
Note: Please use correct phone number or mail address so that you can use them to get your user name and password back if you forget.

How to Move the product

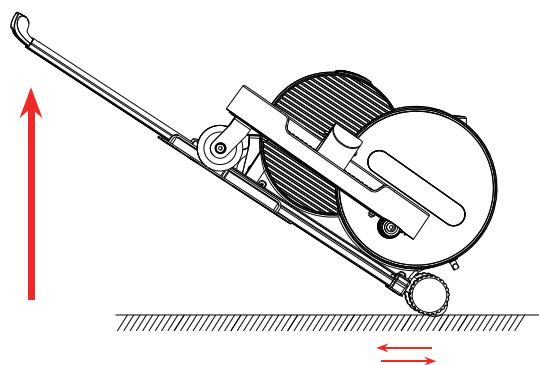
Press the spring buckle and pull the pole out.



Then release the spring buckle and pull the handle up, now you can move the product.



As below picture



TIPS FOR USE

- This equipment is specifically designed for seated use. Avoid standing on the pedals as it may lead to severe injuries.
- Prior to using, make sure both pedals are securely fastened. Loose pedals can become noisy, come undone, and pose a risk of damage or injury.
- Do not position the machine in an area where it may obstruct movement.
- If you encounter issues with your knees hitting the desk, consider:
 - a. Adjusting your chair to a lower height, which reduces knee elevation.
 - b. Placing the machine further away to extend your legs more fully, ultimately lowering your knees.
- Maintain proper posture by sitting upright while using the under-desk elliptical, which helps strengthen your core muscles and benefits your spinal health.
- During your under-desk elliptical workouts, make full use of the accompanying dumbbells to simultaneously target your upper and lower body, ensuring a comprehensive and well-rounded workout experience.

Parameter

| Contents | Descriptions |
|---------------------|-----------------------------|
| Mode No | ME03S-APP |
| Power | 50W |
| Voltage | 100-240V 50/60Hz |
| Program | P1/P2/P3 |
| Speed range | 1-5 level |
| Speed | Range Max-Mini |
| Directions | Forward/backward |
| Product size | 508*431*282.5mm |
| Package size | 560* 382* 330mm |
| Net weight | 9.75KG |
| Gross weigh | 11.3KG |
| Additional function | APP/Infrared remote control |
| Parts | Dumbell*2 |

FCC STATEMENT

1. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.
2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. In order to avoid the possibility of exceeding the FCC radio frequency exposure limits, Human proximity to the antenna shall not be less than 20cm (8 inches) during normal operation.