

# PARAMETER

Model	MC57
Direction	Forward/backward
Speed Level	1-12
Resistance Level	1-6
Power	80W
Voltage	100V-240V
Product Size	41.5x40.5x26.5cm
Package Size	46x43.5x27cm
Net Weight	6.7kg
Gross Weight	7.5kg
Remote control battery type	Lithium Manganese Dioxide Coin Cell CR2025 3V 150mAh

## FOTIC CUSTOMER PROMISE

ABOVE ALL ELSE, FOTIC is dedicated to you, our customer. We strive to make your experience as pleasant as possible.

If your Product does not work or there's an issue with a specific part that is covered by the terms of this Warranty, we will provide you two-year warranty.

### WHAT IS NOT COVERED?

This Warranty does not apply if the Product has been used commercially or for non-household or rental applications. This Warranty also does not apply if the Product was purchased from an unauthorized seller. This Warranty also does not cover cosmetic changes that do not affect performance.

If you have any questions, please send us an email and we will reply you within 12 hours!

 [fotichelp@outlook.com](mailto:fotichelp@outlook.com)

The original purchaser is covered by this warranty and it is not transferable. Prior to returning your tool to store location of purchase, please send us an email for possible solutions.

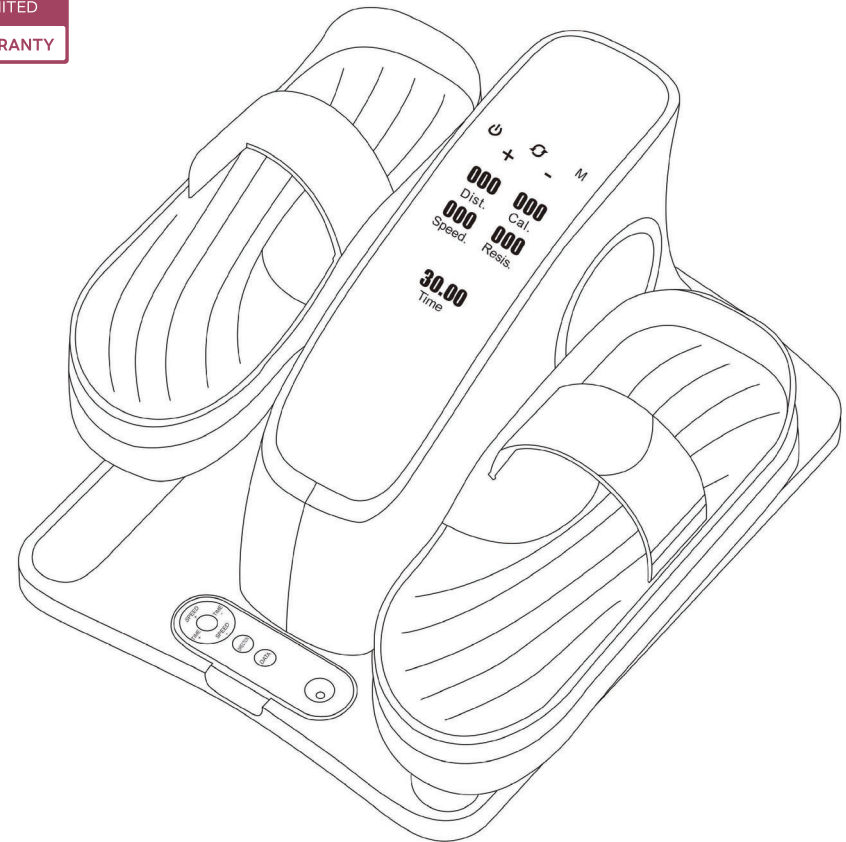


Made in China

# FOTIC

## Under Desk Elliptical

**2**  
YEAR  
LIMITED  
WARRANTY



For customer service, please contact us at [fotichelp@outlook.com](mailto:fotichelp@outlook.com)

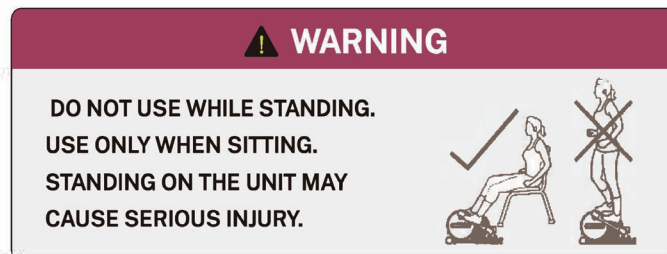
 **WARNING:** To reduce the risk of injury, user must read and understand this operator's manual before operating this tool.

SAVE THIS MANUAL FOR FUTURE REFERENCE.

# WARNING | SAFETY CAUTIONS

Thank you for the purchase of the electromagnetic 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.

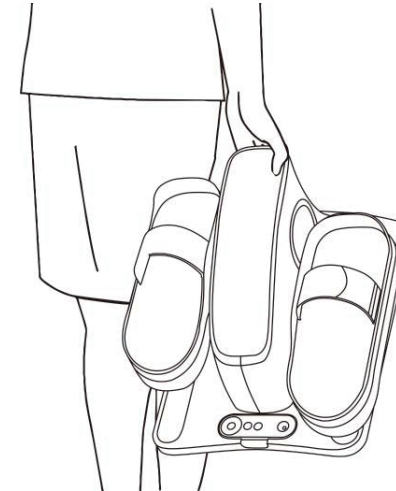
- 1 This product's rated voltage is 110V, rated power is 80W.
- 2 Consult your physician before using, be aware of how you are feeling. If you feel uncomfortable or experience any adverse symptoms, stop using the machine immediately.
- 3 This machine is not suitable for therapeutic use. Do not use other medical electronic equipment, such as pacemakers or EKG machines.
- 4 Keep children and pets away from the machine. It is designed for adults and the elderly, especially suitable for office and home use.
- 5 Use the machine on a solid, flat-level surface with a protective cover for your floor or carpet.
- 6 Do not use the product in wet or dusty environments, such as bathrooms.
- 7 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.
- 8 Do not place fingers or objects into the moving parts of the machine.
- 9 Do not cover while using, to avoid motor overheating and causing malfunction or damage.
- 10 Do not place the power cord under the product or any heavy object.
- 11 Do not use the power cord to move or drag the machine.
- 12 Do not wind the power cord around the product. That could damage the power cord, cause electric shock or electrical fire.
- 13 Do not use the machine if the power plug is loose.
- 14 Turnoff the power after each use or before cleaning the machine.



# WARNING | SAFETY CAUTIONS

## Storage

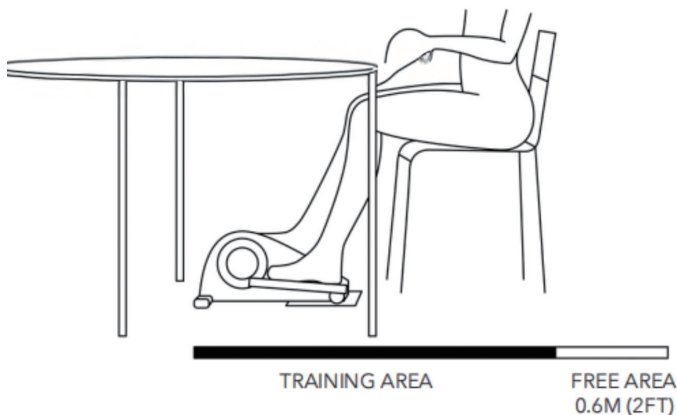
- Unplug the power cord and store it in a bundle.
- Place the remote control in the magnetic compartment.
- Carry with hidden handles.
- Store machine in a dry place.



## Maintenance & Cleaning

Regular maintenance is essential to keep your under-desk elliptical machine in optimal condition and prolong its lifespan. Follow these simple steps to ensure the longevity and performance of your machine.

1. **Cleanliness:** Regularly clean your elliptical machine to remove dust, sweat, and dirt buildup. Use a soft cloth and mild detergent to wipe down the surfaces, including the handles, pedals, and console. Avoid using abrasive cleaners or solvents that may damage the machine.
2. **Power Source:** If your elliptical machine requires electricity, ensure that it is plugged into a stable power source. Avoid using extension cords or power outlets with multiple devices, as this can cause electrical issues.
3. **Safety Precautions:** Always follow the safety guidelines provided by the manufacturer. Use the machine on a stable and level surface, and avoid placing it near water or in humid environments. Keep children and pets away from the machine during operation. Regular maintenance and proper care of your elliptical machine will ensure its smooth operation and extend its lifespan. By following these guidelines, you can enjoy a safe and effective workout experience for years to come.



## OPERATING PROCEDURE

1. Plug in the power cord.
2. Turn on the "Power Switch" on the machine until the red indicator light up.
3. Press the "ON/OFF" button on the remote control to start the machine (or tap the "U" icon on the display screen).
4. Press the "MODE" button on the remote control to switch to your preferred mode (or tap the "M" icon on the display screen).

### Auto Mode (Speed adjustable):

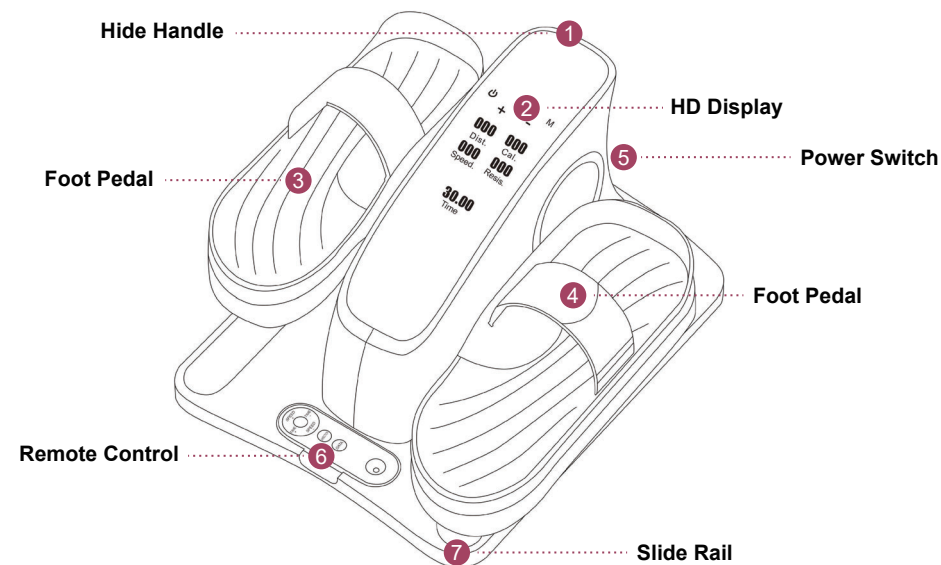
1. Press the "MODE" button on the remote control until "Speed" is displayed on the left side of the panel. This confirms that the machine is set to auto mode (or tap the "M" icon on the display screen).
2. Press the "DIRECTION" button on the remote control to switch between forward and backward directions (or tap the "D" icon on the display screen).
3. Press the "SPEED+/SPEED-" buttons on the remote control to increase or decrease the speed, with 1-12 speed levels available (or tap the "+" / "-" icon on the display screen).
4. The default countdown time at power on is 30 minutes, and you can increase or decrease the time by 5-minute using the "TIME+/-" buttons on the remote, with a maximum setting of 60 minutes.

### Active Mode (Resistance adjustable):

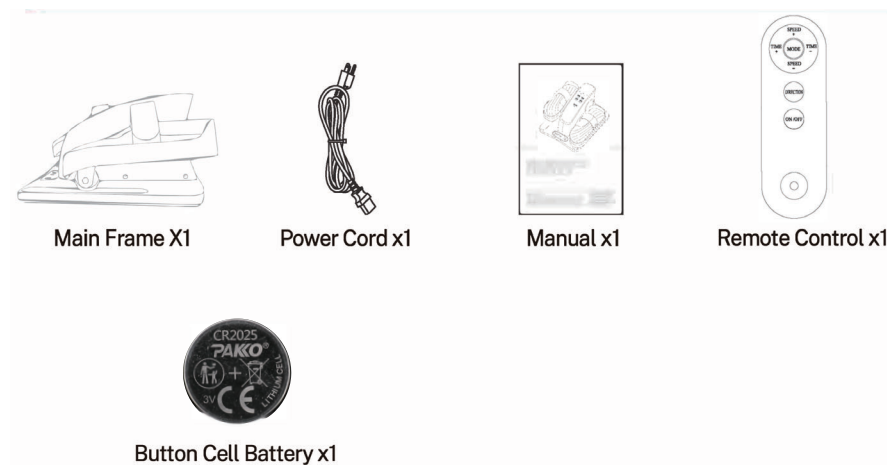
1. Press the "MODE" button on the remote control until "Resis." is displayed on the right side of the panel. This confirms that the machine is set to active mode (or tap the "M" icon on the display screen).
2. Press the "SPEED+/SPEED-" buttons on the remote control to increase or decrease the resistance level, with 1-10 resistance levels available (or tap the "+" / "-" icon on the display screen).
3. At this point, the "Time" display on the screen will show the duration of the workout.

## WARNING I SAFETY CAUTIONS

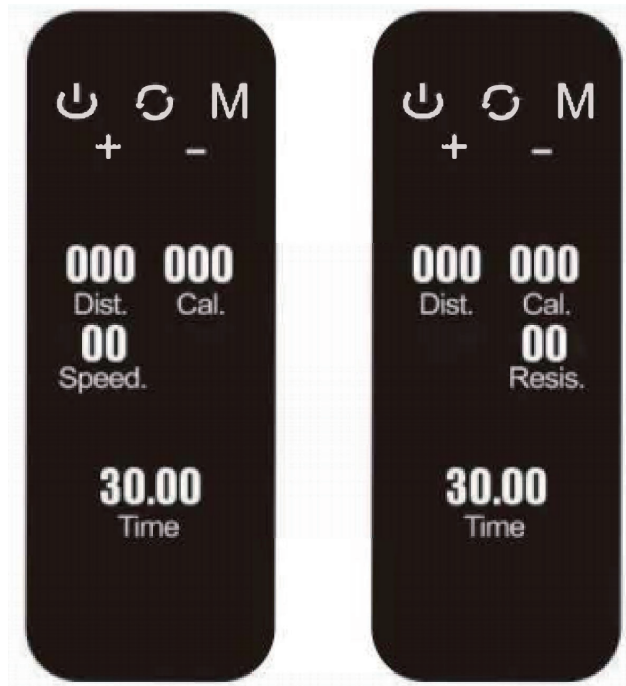
There is no assembly required upon opening the packaging. The Electric Magnetic Under Desk Elliptical is ready to use immediately, with no additional installation necessary.



## LIST OF ACCESSORIES



## DISPLAY PANEL



Auto Mode

Active Mode

**Speed:** Display Speed Level (1-12 Level) on Auto Mode.

**Resis.:** Display Resistance Level (1-10Level) on Active Mode.

**Dist.:** Automatically keep track of the distance for each session.

**Cal.:** Automatically keep track of the calories burned for each session.

**Time:** Display the preset countdown progress of your workout.

## REMOTE CONTROL



\*Note: Lithium Manganese Dioxide Coin Cell CR2025 3V 150mAh

### ⚠ WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.
- **KEEP** new and used batteries **OUT OF REACH** of CHILDREN.
- Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.



### Positioning

1.The under-desk elliptical occupies a floor area of 16.5" x 16.5" (42cm x 42cm). Please leave a clear zone behind the training area that is at least 24" (61 cm). This zone must be clear of any obstruction and provide the user a clear exit path.

2.Find the seat configuration that suits you most. If you feel there is not enough room between your knees and the desk, push your under-desk elliptical away from you and lower the chair height. Keep your back straight, and do not slouch.

## FCC Caution

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

# FOTIC