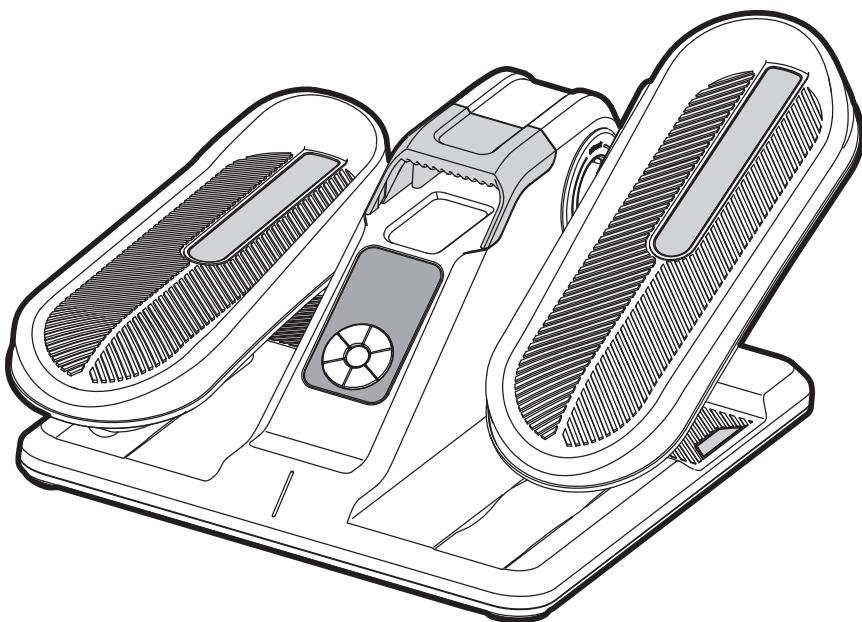


# uDESK



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Read all instructions before using and keep this manual for future consultation.

**Instruction Manual**

# Welcome to uDesk Team!

You have just purchased a product designed with quality, safety and functionality. This equipment allows a safe and comfortable exercise in the privacy of your home. Regular exercise is one of the best ways to preserve your health. Please read this manual carefully before using it, especially the safety part, in order to use this product correctly so that you can enjoy the unique experience of this exclusive product.

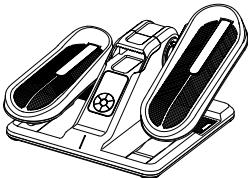
Please keep the manual for reference when necessary.

## SUMMARY

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## BOX CONTENT

When you open the box you will find the following parts:



Mini Elliptical  
(QTY: 1)



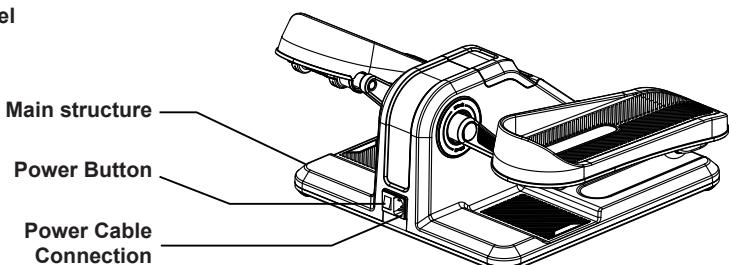
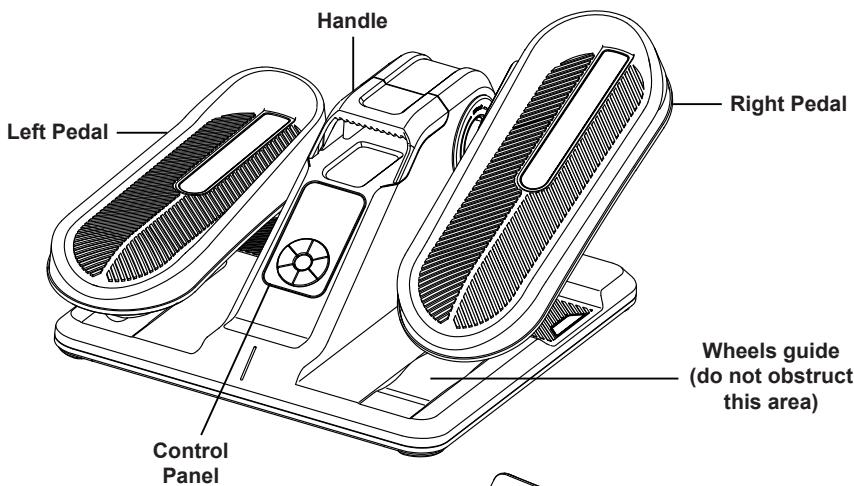
Instruction Manual  
(QTY: 1)



Power Cable  
(QTY: 1)

## KNOW YOUR PRODUCT

Before continuing with this reading please review the following image and become familiar with each:



## IMPORTANT SAFETY INSTRUCTIONS



**For your safety, read carefully all the information in this manual.**

- Before beginning any exercise, consult a doctor or fitness coach. This is important for people of all ages or for those who have a pre-existing health problem;
- If you experience any chest pain or tightness, irregular heartbeat, shortness of breath or discomfort while exercising, stop and consult your doctor before continuing;
- Only one person at a time should use this equipment;
- Keep children and pets away from the equipment;
- Do not use this equipment for any other purpose than to exercise as shown in the manual;
- Caution: Excessive exercise or improper exercise may cause injury.
- It is recommended not to exercise immediately after meals. Wait at least 1 hour before starting activities.
- It is recommended that people with reduced physical / sensory / mental capacity, people with little experience or knowledge, should be accompanied by a safety coach during physical exercise.
- It is the owner's responsibility to ensure that all users of the equipment are adequately informed about the safety precautions;
- This appliance is intended for residential use only, for indoor use and it's not intended for therapeutic use.
- For your safety make sure that all parts are properly assembled, that the appliance is on a solid and level surface, that the area around it is free of obstructions and that the appliance is in perfect condition before each use;
- Wear appropriate exercise clothing and avoid clothing or accessories that may get caught in the equipment;
- To ensure the safety of children and/or pets, do not allow them to play on or near the appliance;
- Always wear sneakers to exercise, do not practice barefoot or with sandals;

**Caution:** The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

**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.

### **FCC Radiation Exposure Statement**

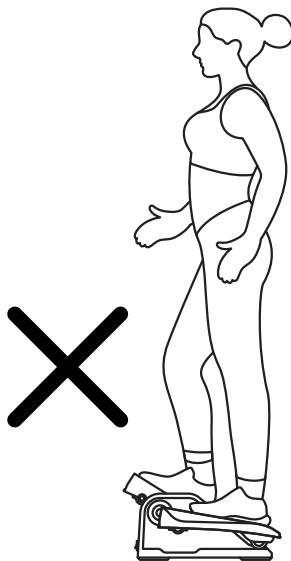
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

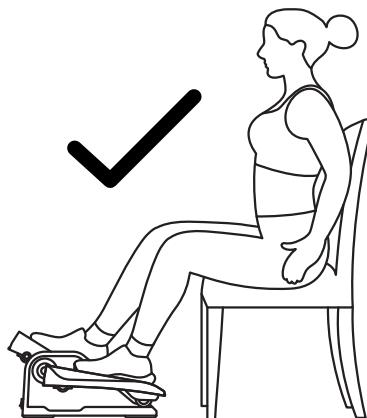
### **-General conservation and cleaning considerations**

- Never use abrasives or solvents to clean the equipment;
- Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray and so on;
- Do not place the equipment in dusty and humid environments, saunas or any unventilated place.

DO NOT STAND  
ON THE EQUIPMENT



THIS EQUIPMENT WAS  
DESIGNED TO BE USED  
ONLY WHILE SITTING



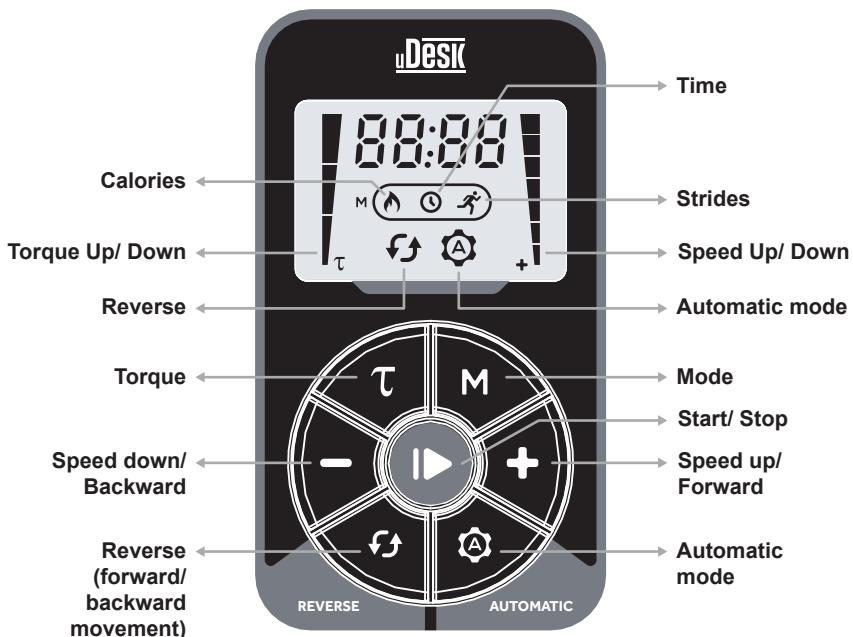
## HEALTH RECOMMENDATIONS



- Before starting any exercise, consult your doctor or fitness coach. It will help you establish the exercise frequency, intensity and timing appropriate to your age and fitness. If you experience chest pain or tightness, irregular heartbeat, shortness of breath, faintness or any discomfort while you exercise, **STOP IMMEDIATELY!** Consult your doctor before continuing. This is important for people of all ages or who have some persistent health problem.
- **CAUTION: Excessive and/ or improper exercise may cause injury.**
- This equipment was designed for residential, indoor use only and it is not intended for therapeutic purposes.
- It is recommended not to exercise immediately after meals. Wait at least 1 hour before starting your practice.
- It is recommended that people with reduced physical / sensory / mental abilities, people with little experience or knowledge, should be accompanied by a safety coach during physical exercise.

## CONTROL PANEL

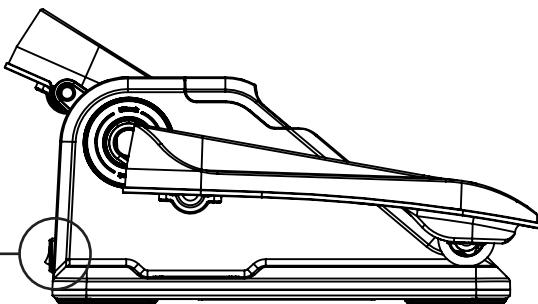
See the main features present in the control interface:



Sets	Limits	
	Minimum	Maximum
Time	0 min	99 min
Distance	0 km	99 km
Calories	0 cal	999 cal
Speed	1km/h	10km/h
Time per program	0 min	99 min
Strides	0	99

### First step:

Turn on the equipment.



The switch button is located in the back.

### Automatic Mode:

After turning on the power button, the equipment will be in automatic mode already. Just press start **▶** to start running.

Adjust the speed by pressing **—** or **+**.

Press the torque button **Τ** to select the intensity level of the motor.

The greater the torque, the greater the help to perform the movement.

Press reverse **↶** to change the direction of the movement.

Press **M** to view the following information: time, calories and strides.

### Selecting Pre-set Programs for Automatic Mode:

To select a pre-recorded program the equipment MUST be paused. If it is running, press **▶** to pause the equipment.

After, press **M** to enter the program mode and press **—** or **+** to select the desired program (from 01 to 05). Then press play **▶** to start the exercise. To cancel the program, just press the same button **▶**.

### Weight Mode:

After turning on the power button, press the automatic mode button **A** to switch for weight mode and then press play **▶**.

Control the weight level of the exercise by pressing **—** or **+**.

Press **M** to view the following information: time, calories and strides.

To return from weight mode to automatic mode, press pause **▶**, then press automatic mode button **A**.

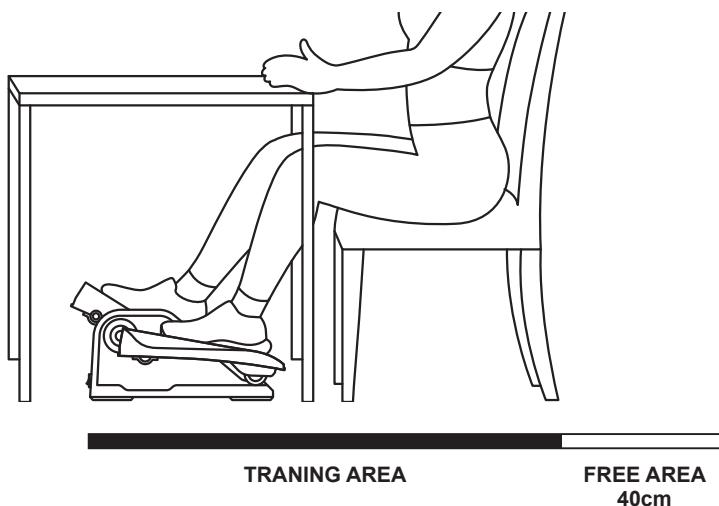
**\*Torque and reverse functions do not work in weight mode.**

## USING YOUR PRODUCT

The equipment can be used either in an upright position, such an office chair, or in a more reclined position, such as when used in front of a sofa.



The equipment occupies a floor area of 38,5 cm x 40,5 cm. To avoid accidents, leave a clear zone of 40cm behind the training area. This zone needs to be clear of any obstruction, providing a free and smooth movement.



Find a sitting position that fits you better. If you feel there is not enough space between your knees and the desk, push your equipment away from you and lower the chair height. Keep your back straight.

## CLEANING AND MAINTENANCE

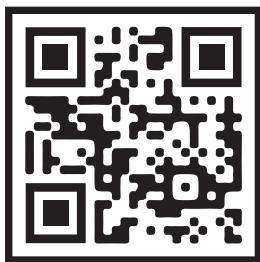
The safety and integrity can only be maintained when the equipment is regularly examined for damage and wear. It is the sole responsibility of the user/ owner to ensure that regular maintenance is performed.

### **Special attention should be given to the following topics:**

1. Periodically clean the pedals and the main body with a damp cloth, paying attention to the wheel tracks. This will help to reduce any noise.
2. Pay special attention to how tightly the pedals are screwed to the main body. Tighten regularly using a screwdriver. Loose pedals will slowly come undone, create noise, and cause risk of damage and injury.
3. Do not subject the equipment to heavy shock or treat it with excessive force. Do not attempt to disassemble or modify it.
4. Use the equipment indoor on a level surface. Keep it away from moisture and dust.
5. Do not expose the equipment to extremely high or low temperatures. Do not leave the equipment in direct sunlight for an extended period of time.
6. Do not use cleaners or solvents to clean the equipment.
7. Do not use any lubricants. They can damage the product.
8. Do not exercise standing up to the equipment, this will damage the engine and the structure of the product. It was designed for exercises with the user sitting on a chair, sofa, etc.

For more information  
access the website below:

**[www.udesk.website](http://www.udesk.website)**



Scan with your mobile.



## INCLUDED ITEMS

- 1 Mini Elliptical Machine
- 1 Instruction manual
- 1 Power cable

## TECHNICAL DATA

Rated Voltage: 110-120V

Power: 70W

Product size: 475 x 420 x 260 mm

Speed Ratio: 25

Speed Range: 25~85 RPM

Net weight: 7.5kg

For home use only.

CUSTOMER INFORMATION HERE