

User manual

PhysioGoTM 2

Under desk elliptical exerciser

Before you begin

Consult your physician

It is always important to consult your physician before starting this or any exercise program. This is especially important if you have never exercised before, are pregnant, or suffer from any health problems. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.

Safety instructions

Read all instructions before using PhysioGo™ 2

- Place the PhysioGo™ 2 on a solid carpet surface for operation. Avoid positioning the device on loose rugs or uneven surfaces.
- Ensure that there is adequate space around the PhysioGo™ 2 for safe access and use.
- Before each use, inspect the PhysioGo™ 2 for any worn or loose components. Tighten or replace any such components as necessary.
- Avoid wearing loose or dangling clothing while using the PhysioGo™ 2.
- Follow your physician's recommendations when creating your personal fitness program.
- Choose a workout plan that aligns with your fitness level and abilities. Always use common sense and exercise within your limits.
- Maintain your balance when using, mounting, or dismounting the PhysioGo™ 2. Loss of balance could lead to a fall and serious injury.
- Keep both feet securely on the pedals while exercising. The maximum recommended user weight is 300 pounds (136 kg). Do not stand on the pedals under any circumstances.
- The PhysioGo™ 2 is designed for use by one person at a time and for household use only.
- Wear sturdy, closed-toed shoes when using PhysioGo™ 2.
- To reduce the risk of burns, fire, electric shock, or injury, disconnect the power supply from the PhysioGo™ 2 when not in use.

Warnings

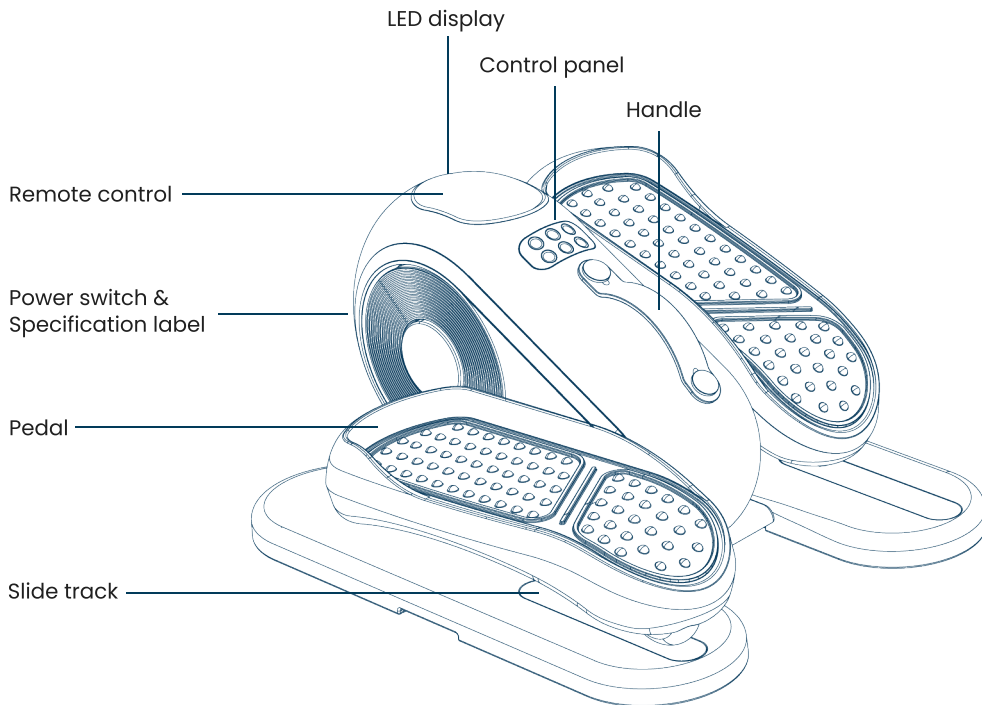


- Do not use the PhysioGo™ 2 when standing. Only use while sitting.
- Do not operate the PhysioGo™ 2 if it's damaged, or not working properly, if it has been dropped or damaged, or dropped into water. Contact Nobol, Inc.
- Do not allow children to use or play near the PhysioGo™ 2. Keep children and pets at a safe distance from the device.
- Do not use on slippery or uneven surfaces.
- Do not place your fingers or toes between the pedals.
- Do not unplug the device with wet hands
- Do not place a heavy load on the power cord
- Do not damage the power cord.
- Do not use a power cord that is broken.
- Do not spill any liquid on the equipment.
- Make sure the device is properly plugged in.
- When not using the device, turn the device off.
- If you are not comfortable while using the device, immediately stop and turn off the device.

Specifications

Model:	NOB-PG2
Name:	PhysioGo™ 2
Rated Power:	50W
Rated voltage:	110 - 220V
Gross weight:	18 lbs 8.4 kg
Net weight:	14 lbs 6.4 kg
Product size:	18.1 x 15.3 x 9.9 in 46 x 39 x 25 cm

Getting started



What's in the box

- PhysioGo™ 2
- Remote control
- Power cable
- Resistance bands

Using PhysioGo™ 2

Positioning

- The PhysioGo™ 2 can be used either in an upright position, such as with an office chair, or in a more reclined position, such as when used on a sofa.
- Find the seat configuration that suits you most. If you feel there is not enough room between your knees and the desk, push your PhysioGo™ 2 away from you and lower the chair height.
- Keep your back straight, and do not slouch.

Using the Remote Control

Start/Stop the Movement

- Press the Start/Stop button once to begin moving the pedals.
- Press the Start/Stop button again to stop the movement.

Adjust Speed/Resistance Level

- The unit starts at 30 RPM in motorized mode and adjusts across 8 levels (20–90 RPM).
- The unit starts at level 1 in the resistance mode.
- To increase the speed/resistance level, press the Plus (+) button.
- To decrease the speed/resistance level, press the Minus (-) button.

Set the Timer

- Press the Clock button to set the timer. The timer will start at 10 minutes.
- Each press of the Clock button will add 10 minutes, up to a maximum of 90 minutes.

Switch Display Modes

- To toggle between Time, Calories, and Steps, press the Menu button.

Change Rotational Direction

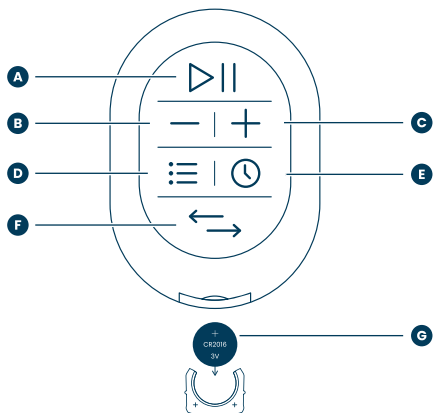
- To change the direction of the pedal rotation, press the Two Arrows.

Reconnect the Remote

- If the remote control stops working, it may need to be paired again with your PhysioGo™ 2.
- To do this, first turn the PhysioGo™ 2 ON. Then, on the remote control, press and hold the Switch Direction button for 3 seconds until you hear a beep. This indicates the remote control has been successfully reconnected.

Using the resistance bands

- Locate the built-in hooks under the base and securely clip the bands using the provided carabiners on the ends of the bands. Be sure each clip is fully closed and locked in place.
- While seated and pedaling, hold a handle in each hand. Add upper-body moves like bicep curls, shoulder presses, lateral raises, or rows.
- Check if bands are secured before use. Keep a firm grip; stop if bands show signs of wear.



- | | |
|-------------------------|---------------------------|
| A Start/Stop | D Menu |
| B Decrease Speed | E Timer |
| C Increase Speed | F Switch Direction |

G Battery Compartment

Slide the battery compartment out, and when depleted, replace the existing battery with a compatible CR2016 battery.

Using Resistance Mode (Default Mode)

Power On

- Ensure the PhysioGo™ 2 is plugged into an electrical outlet.
- Press the Power button on the front of the unit to turn it on.
- Upon starting, the unit will begin at Level 1. The maximum resistance level is 8.

Begin Exercise

- Sit comfortably and place both feet on the pedals, then start pedaling.

Adjust Resistance

- To increase/decrease resistance, use the “+” / “-” button on the remote control to select your desired resistance level.



Using Assisted/Motorized Mode

Activate Assisted Mode

- Press the Play button on the remote control to activate Assisted Mode.

Adjust Speed

- Upon starting, the unit will begin at 30 RPM. The maximum speed level is 90 RPM.
- Use the + button on the remote control to increase the speed to your desired assistance level.



Begin Exercise

- Sit comfortably and place both feet on the pedals, then start pedaling.

Turn Off

- When you're finished, turn off the PhysioGo™ 2 by pressing the Switch OFF button.

Note: Please avoid applying any pressure or force while using the Assisted/Motorized Mode. If the PhysioGo™ 2 detects any tension or force from you, it will automatically switch to Resistance Mode.

General information

Carrying PhysioGo™ 2

Lift the PhysioGo™ 2 by its handle for safe carrying, supporting with your other hand for stability. If it feels too heavy, get help from a friend or family member. Avoid carrying it by the pedals.

Storage & cleaning

Before cleaning, turn off the power. Wipe the unit with a clean, damp cloth and store in a cool, dry place away from sunlight.

FCC Warning

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 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

Troubleshooting

For troubleshooting and assistance with your PhysioGo™ 2, you can email us at: cs@nobol.com

For step-by-step video instructions on using the PhysioGo™ 2, please visit the **Video Guides** page in the **Support** section of www.nobol.com. You can also access these guides on our YouTube channel.

For quick access to the Video Guides, scan the QR code with your phone camera.



Nobol.com



YouTube



Nobol.com

Nobol

Customer support

cs@nobol.com

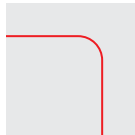
N5UM_001



Pantone 302 C



Pantone Neutral Black C



0.125 in / 3.175 mm
corner radius