

# Seated Elliptical

H442 v01: 23/09/20

Please read and retain these instructions for future reference

vivadia



## Dimensions

61 x43 x29cm L x W x H

1 x LR44 battery (included)

- FORWARD OR REVERSE STRIDE
- LOW IMPACT – GENTLE ON YOUR JOINTS
- GREAT FOR HIPS AND LEGS/ IMPROVE MOBILITY
- ADJUSTABLE TENSION /LCD MONITOR KEEPS TRACK OF YOUR TIME, DISTANCE, CALORIES AND STRIDES
- MAX WEIGHT: 100KG
- MAKES EXERCISE EASY, REGARDLESS OF YOUR AGE OR FITNESS LEVEL. IT'S THE PERFECT WAY TO ADD MOVEMENT INTO YOUR LIFE, WHETHER YOU'RE JUST STARTING OUT ON YOUR FITNESS JOURNEY, OR YOU SIMPLY WANT TO BURN EXTRA CALORIES WHILE YOU'RE SITTING ON THE SOFA OR BEHIND YOUR DESK. GET FIT WHILE YOU SIT!

## Precautions

1. Place on a flat stable surface.
2. If you cannot see the display data ,please change the battery.
3. 1.5V,LR44 battery (included).
4. The meter will turn off after 4-5 Mins if no data is transferred.
5. When you start exercising, please press the Mode key ,the meter will turn on automatically.
6. When you stop exercising, all function will stop and the meter will stop in 4 seconds.

## Assembly instructions



1. Ensure you unpack all parts.



2. Fix legs to the body.



3. Remove the nut

\*Calls cost 7 pence per minute plus your telephone company's network access charge

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4. Mount nut on leg



5. Lock nut on leg



6. Screw mounted on plate



7. Lock screw plate



8. Assemble the pedal



Lock screw the pedal

### Display



1. **SCAN:** Press the key until the SCAN icon is flashing indicating the scan function is on, the display will automatically show all the features.
2. **TIME:** Press the Select key until the TIME icon lights up, indicating that the time function is displayed. When exercise starts, the monitor will count motion time.
3. **COUNT:** Press the select key COUNT to indicate the current display time function. After the exercise starts, the display will show the cumulative number of times.
4. **SELECT:** Press the SELECT button until the DIST icon is on, indicating the distance function. When the movement starts, the display will display the cumulative distance.
5. **CAL:** Press the Select key until the CAL icon is lit to indicate the distance function. When the exercise starts, calorie consumption will accumulate on the display.


### BATTERIES

- Keep batteries away from children and pets.
- Do not mix used and new batteries.
- Remove the batteries if left for long periods.
- Never dispose of batteries in a fire.
- Battery disposal, spent or expired batteries must be properly disposed of and recycled in compliance with local regulations. For detailed information, contact your local authority.
- Follow the battery manufacturer's safety, usage, and disposal instructions.

### DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – Contains the following recyclable plastic.



Code & Symbol	 OTHER
Type of Plastic	ABS
Commonly used for	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Not often or widely recycled

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.

