

Royal Elliptical trainer



KingsBox®
BUILDING BETTER HUMANS

Important note:

Precautions

1. Please read this manual carefully before use and pay attention to the following safety precautions
 2. Check the body and consult a doctor, exercise according to the physical condition
 3. Wear proper sportswear and sports shoes
 4. Place the elliptical machine on a flat and firm ground to ensure that the four supporting points are reliably grounded. If the ground is uneven, you can adjust any of the adjusting feet to make it stable
 5. It is strictly forbidden to step on the connecting rod, and both feet should be placed on the left and right pedals, and step on slowly
 6. After the elliptical machine is stationary, you can get off the machine
 7. When exercising, please hold the activity bar or heart rate grip tightly with both hands
 8. Exercise moderately, don't be over-fatigued
 9. If you feel unwell, stop exercising immediately
 10. The elliptical machine should be placed indoors and avoid humid environments
 11. When using the elliptical machine, children are not allowed to approach
 12. Do not put any liquid on the elliptical machine to prevent damage to the equipment
 13. Do not disassemble and replace original parts by yourself to avoid accidental injury
- A Check the body and consult a doctor, exercise according to physical condition.

Introduction:

Congratulations on your purchase of the best self-powered commercial elliptical machine on the fitness equipment market. It has a firm structure, superior performance, safety and reliability. It is your indispensable exercise equipment.

The following figure shows the main components and names of the commercial elliptical machine:

Technical parameter:

Maximum braking power: 500W 120 steps/

min Minimum braking power: 20W 60

steps/min Time display range:

00.00~99.[(minute.second)(minute.sec-
ond)] mileage

display range: 0000~9999m Human body

weight: <150KG

Working environment temperature:

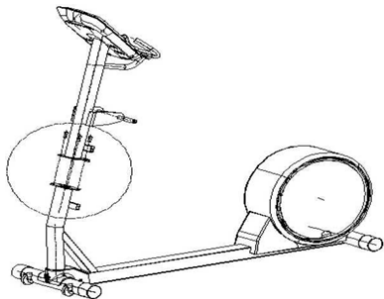
-5°C~+40°C

Fixed slope: 17.5°

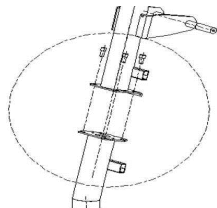
Resistance level: 1-20

Detailed assembly steps:

1. Hit the wooden box, take out the accessories from top to bottom, and remove the whole machine.
2. Take out all the accessories and place them on a flat ground
3. Install the meter head column on the main frame with tools and connect the power plug.



Detailed assembly: Use 4 M10 screws to fix the upper meter column and the main frame tube.

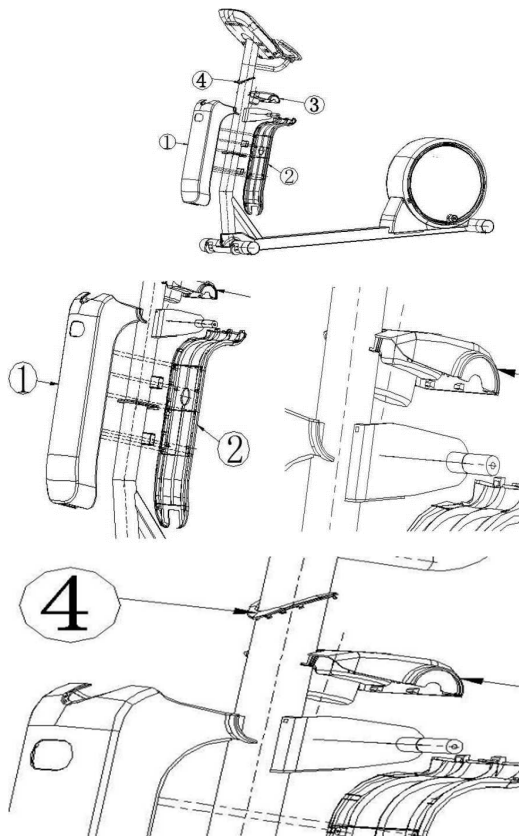


4. Assemble the front plastic shell with the main frame, the specific steps:

1. Use M4 screws to assemble the No. 1 plastic shell and the No. 2 plastic shell.

2. Use M5 screws to fit the No. 3 plastic shell with the main frame.

3. Complete the first two steps and install the No. 4 plastic part from top to bottom to the matched No. 1, No. 2, No. 3 plastic shell.

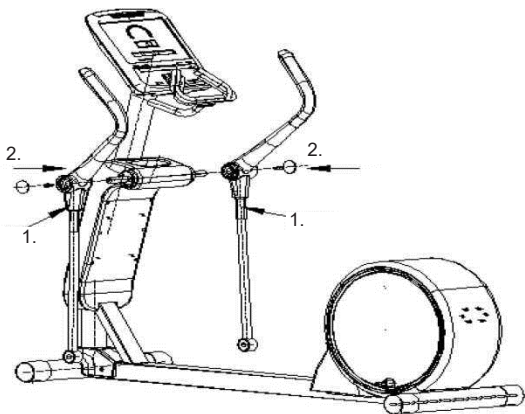


Step 3: Place the No. 4 plastic part down onto the 1. 2. 3 plastic part.

5. Assemble the front boom and the main frame. Assembly steps:

1. Install the left and right booms on the main frame axis in the direction shown in the figure, and lock them with M10 screws.

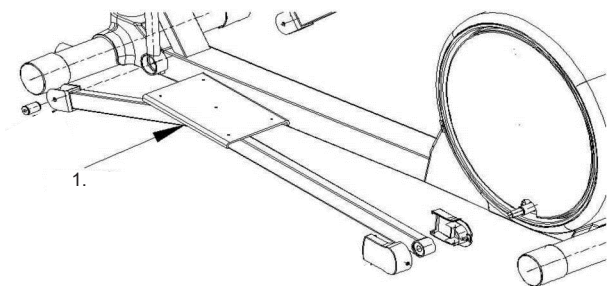
2. Attach the mirror plastic part to the boom.



6. The pedal is assembled with the main frame. Assembly steps:

1. Install the left foot pedal with screws in the direction shown in the figure.

2. The installation steps of the right pedal are the same as the left pedal.



Panel description:

Panel description

1. Step on the pedal and power on the operation panel, then select the desired exercise mode
2. Press the start key to start
3. During exercise, you can use the pause button to pause

Digital buttons

Time: To use with +-, after pressing the time button, the training target is time, press the +- button to change the time target
distance: To use with +-, after pressing the distance button, it means that the training target is distance, press +-
Press the button to change the distance target
calories: To use with +-, after pressing the calorie button, it means that the training target is calories, press the +- button to change the calorie target.

Program: To use with +-, after pressing the program button, press the +-
Heart rate: Button to select a different program. Choose a constant heart rate program control

Pause: Temporarily stop exercising

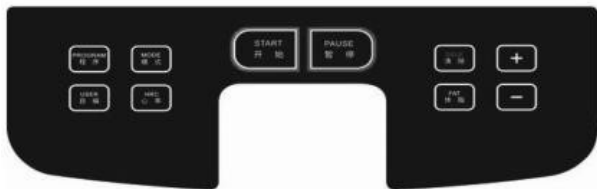
Start: Start the elliptical machine

Input: Input data

Clear: Clear data

▲: Change the input data and resistance

▼: Change the data to be input and resistance.



Operation guide:

A. Target training mode:

1. Step on the pedal to make the panel energize and display
2. Select the target.

For example: select time goal:

Press the time, then press the +/- key to change the time, the time value will flash in the time window, press the start key to start running, press ▲▼ to change the resistance, the target window displays the completion of the target, and the time window counts down. Press Pause to stop, press again to clear the data.

For example: select distance target: same time target. For example: select calorie target: the same time target.

For example: select inter-program target: According to the program, the dot matrix window displays the program diagram, the maximum resistance of the program, and the digital window displays the program number and the time of the program; press +/- to select a different program. Press the start button to start the program. When the program is running, the resistance is automatically adjusted. Press pause to stop, press again to clear the data. Back to the initial state.

For example: select heart rate control target: control by heart rate

Press the start button to enter the heart rate control program. In this program, in order to ensure a constant heart rate, the resistance will automatically change. If the heart rate is not detected for 1 minute, the program will exit and enter the normal mode. Press the pause button to stop, press again to clear the data. Back to the initial state.

B. Normal operation mode:

1. Step on the pedal to make the panel display
2. Press the start key to enter normal mode operation
3. Press ▲▼ to change the resistance, all windows are up counting
4. Press Pause to stop, press again to clear the data. Back to the initial state.

Daily maintenance:

1. Cleaning and maintenance

Clean the control panel with a damp, non-wet cloth

Do not use chemicals or solvents to clean the machine completely once a week.

2. Warranty regulations

The warranty period is one year from the date of purchase. If there is a quality problem, please contact us or your local distributor.

If the following situations occur, it will not be covered by the product warranty

(1) Man-made damage and natural wear, etc. (2) Not using our parts or changing the product specifications by yourself

Common faults and troubleshooting methods

The following table is some common problems, if similar problems occur, please follow the corresponding solutions.

problem	reason	Handling method
Data error or no induction	Key failure	Contact the after-sales service department
Does not run smoothly and has a sense of pause		Adjust the V-ribbed belt tensioning wheel to the proper position so as not to slip.
Excessive noise	<ol style="list-style-type: none">1. The machine is not level2. Damage to the bearing3. Excessive wear of V-ribbed belt4. Loose screws	<ol style="list-style-type: none">1. Check the front and rear supporting feet and adjust the front and rear feet to the proper height2. Contact the after-sales service department3. Contact the after-sales service department4. Tighten the screws
The meter head or the small LCD display does not light up	<ol style="list-style-type: none">1. The machine does not respond2. The power cord is damaged3. Broken fuse4. Control panel connector can not connect	<ol style="list-style-type: none">1. Check if the line is connected2. Replace the power cord3. Remove the fuse from the beaker (same specifications)4. Contact the after-sales service department