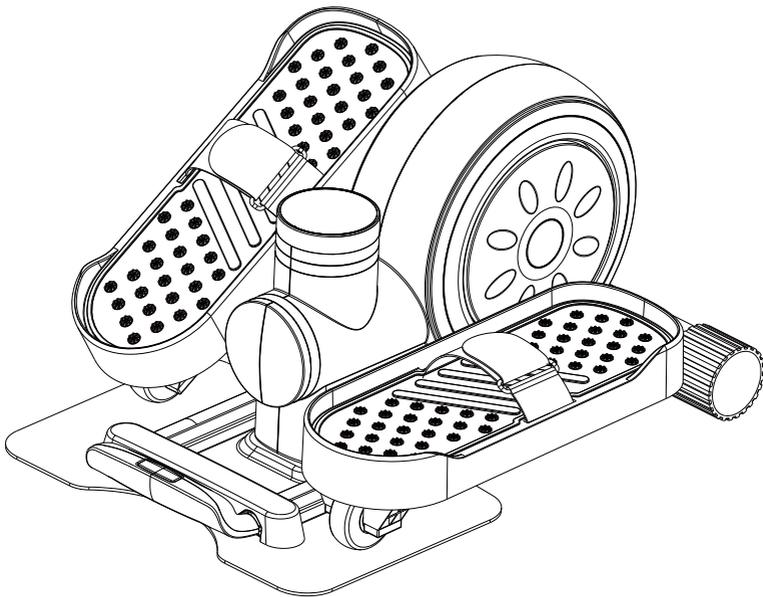


# JF-J-11

## Electric Under Desk Ellipse User Manual



# Catalog

<b>Welcome to YSD-Pro!</b> .....	1
<b>Important notes before you start</b> .....	2
<b>Safety instructions</b> .....	3
<b>Packing List</b> .....	4
<b>Assembly Guide</b> .....	5
<b>Control Panel Instructions</b> .....	7
<b>Remote Control</b> .....	9
<b>APP use instructions</b> .....	11
<b>How to move the product</b> .....	12
<b>Tips for use</b> .....	13
<b>Parameters</b> .....	14

# Welcome to YSD-Pro!

We are very pleased that you have chosen the **YSD-Pro Under Desk Ellipse** and hope that you are pleased with the results of your journey towards a healthier, more active lifestyle.

Before you begin, we encourage you to familiarize yourself with important information about the safe and effective use of the **YSD-Pro Under Desk Ellipse**. This will ensure that you and your family can fully enjoy the benefits it offers while prioritizing safety.

Please take some time to read the safety precautions and warnings provided in the owner's manual. If you have any questions or need assistance, please do not hesitate to contact us: **[AvaBestcustomerservice@outlook.com](mailto:AvaBestcustomerservice@outlook.com)**.

Contact us via Amazon: Login your Amazon account > choose "Your orders" > find the order ID > click "Contact seller"

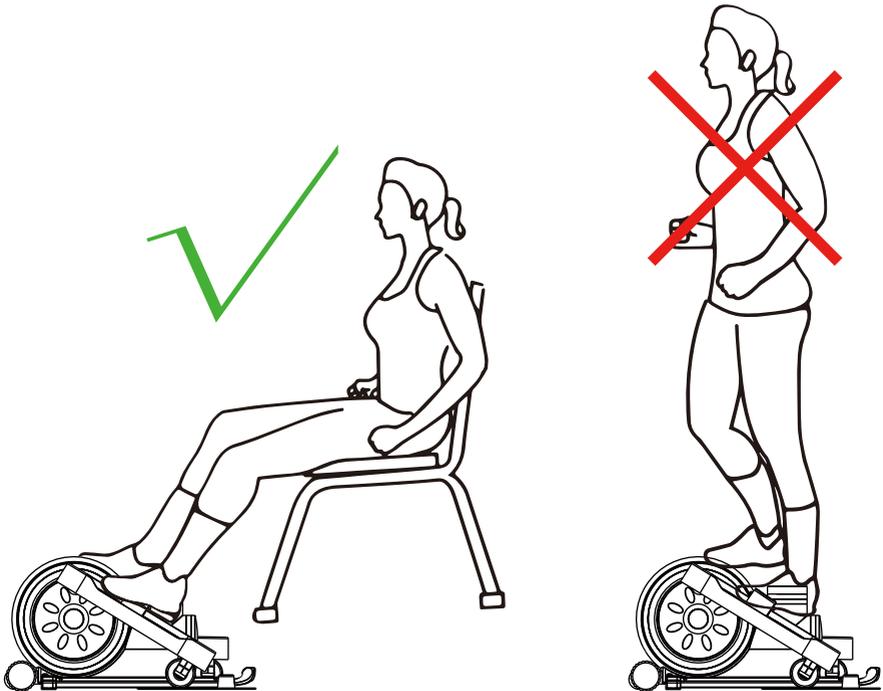
Let's embrace an active and healthy journey with the YSD-Pro!

## Important notes before you start

**CAUTION:** Consult your physician before beginning any exercise program. Be especially cautious if you are new to exercise, pregnant, or have existing health problems. If you experience dizziness or pain during exercise, stop immediately and consult your physician.

**CAUTION:** Use only in a seated position and do not attempt to use while standing. Failure to follow these warnings and instructions may result in serious injury or even death.

**CAUTION:** To minimize the risk of injury, read the following safety instructions carefully before using the equipment.



# Safety Instructions

1. Please read and observe all warnings and cautions posted on the machine.
2. This machine is not intended for the therapeutic purposes. Avoid using other medical electronic devices such as pacemakers or ECG machines while operating the machine.
3. Check and make sure you have all the parts and tools listed in the manual. Use only recommended tools and parts to ensure safe operation.
4. Inspect the machine for any worn or loose parts before use. Securely fasten or replace any damaged parts before operation.
5. Install and operate the machine on a stable, level surface to ensure safety and proper function. Do not allow children to use or play with the machine. Keep children and pets away from the machine during use. Small parts may cause an accidental choking hazard.
6. Be careful to maintain your balance in the chair when using, setting up or taking down the machine. Loss of balance may result in a fall and serious injury.
7. Avoid using or storing the product in wet or dusty environments, such as bathrooms, near water sources or outdoors.
8. Wear appropriate athletic clothing and shoes when exercising. Avoid loose or flowing clothing that could get caught in the device.
9. Do not operate the machine with wet hands. Do not insert any objects into the charger connector to prevent damage or electric shock. Avoid putting fingers or objects into the moving parts of the machine.
10. Avoid covering the machine with objects during use to prevent overheating, malfunctioning or damage to the motor. Do not place the power cord under the product or any heavy objects.
11. Do not move the machine by grasping the pedals, cranking the arms or pulling on the power cord.
12. Avoid wrapping the power cord around the product, which may damage the cord and create a risk of electric shock or fire.
13. Do not use the machine if the power plug is loose.
14. Turn off the power after each use and before cleaning the machine to ensure safety.

# Packing List

① Main framework \*1

④ Bearing plate\*2

⑦ Power adapter\*1

② Footrest \*2

⑤ Allen wrench \*1

⑧ User manual\*1

③ Crossed large flat head tapping screws\*12

⑥ Remote control\*1



① Main framework (x1)



② Footrest (x2)



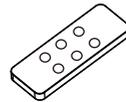
③ Crossed large flat head tapping screws (x12)



④ Bearing plate(x2)



⑤ Allen wrench (x1)



⑥ Remote control (x1)



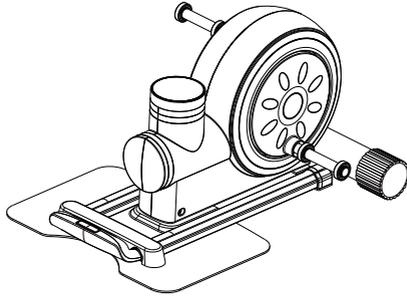
⑦ Power adapter (x1)



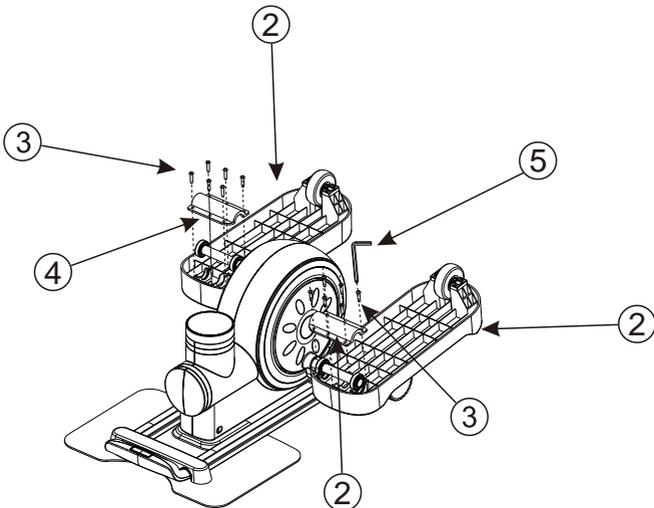
⑧ User manual (x1)

## Assembly Steps

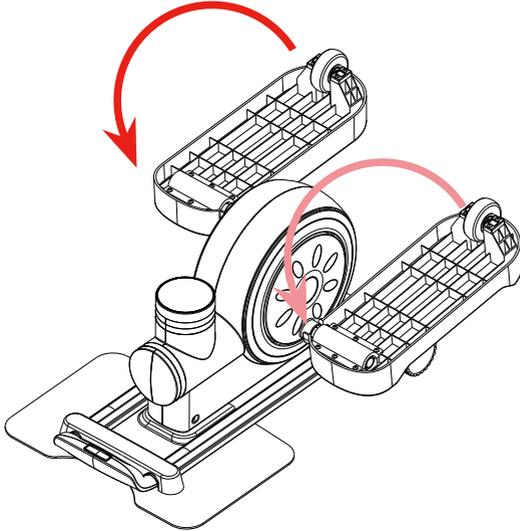
Take the product out of the carton, remove the PE bag and place it on a flat floor.



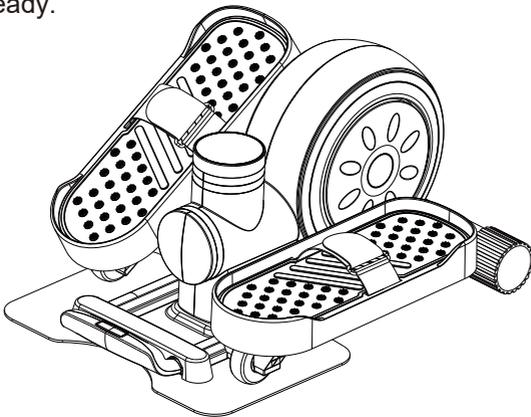
1. Take out the pedals;
2. Snap (pedals and bearing plates) into the corresponding slot in the bearing position (as shown);
3. Tighten the screws with an L-wrench;
4. Use the same operation method for left and right side of the pedal, the left and right side of the pedal will be labeled, L is for left side, R is for right side.



Verify that the screws are tightened and locked as shown, and flip the pedal over.



After the parts are assembled as shown below, you can connect the power supply to the adapter (insert the DC plug into the product) and now your product is ready.



## Control Panel Description

Before starting to use this product, please make sure that all of the following issues are resolved.

- Make sure the product is placed on a flat floor to avoid shaking.
- Plug in the correct power cord to ensure a stable power supply.
- "HR" will be shown on the left side of the display, press Start to use the product.

### Operating instruction



### Mode and speed display

- It will display the mode and speed, default is HR (motorized mode).
- There are 2 modes, HR (motorized mode), HF (resistance mode). The speed range is 1-10 levels.
- The display switches every 5 seconds.



### Lap and time display

- The initial display content is 0. The countdown starts from 9 minutes and 59 seconds after working. The lap display will increase from 0 to 9999.
- The display switches every 5 seconds.
- If power to the product is disconnected, the step display will return to 0.

**Direction key:** You can change the direction of the pedal (forward or backward).

**Start/Stop key:** Touch this key to start/stop the product.

**Mode key:** Touch this key before power on to select mode HR or HF.

**+ key:** You can increase your speed/resistance by touching this key, the maximum is 10.

**- key:** You can decrease the speed/resistance by touching this key, the lowest level is 1.

### **Attention:**

1. Direction/Speed +/- only works in HR mode.
2. The Mode key can only be used when the product is ready and cannot be used to change the mode while the product is working.
3. The speed range is 1-10 levels.