

# mambo

Fit.  
Fun.  
Fierce.

# max



Electric  
elliptical  
trainer

# ElliptiStep

## IMPORTANT

Before using this product for the first time, it is crucial to thoroughly read and pay close attention to this manual. It is imperative to strictly adhere to the provided safety instructions. Please keep this manual in a safe place and retain it for future reference.

# Contents

Warning & safety cautions .....	1
Overview .....	2
List of accessories .....	2
Display panel .....	3
Remote control .....	4
Operating procedure .....	4
Auto mode (speed adjustable) .....	5
Active mode (resistance adjustable) .....	5
Product care & maintenance .....	6
Storage .....	6
Maintenance & cleaning .....	6
Parameter .....	7
FCC certification .....	8



# Warning & safety cautions

Thank you for the purchase of the ElliptiStep, an electromagnetic under-desk elliptical trainer. This manual is a part of this product, which is intended for the end-user of the product. Please familiarize yourself with all the information included before using the product.

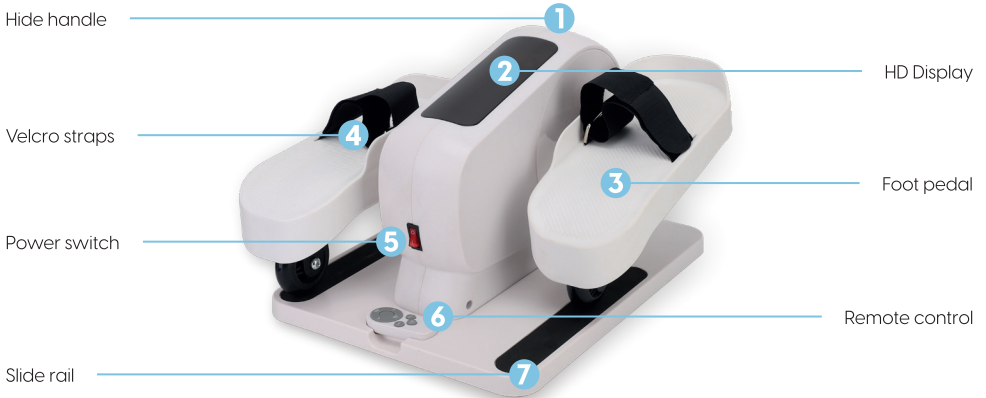
- 1 Consult your physician before using, be aware of how you are feeling. If you feel uncomfortable or experience any adverse symptoms, stop using the machine immediately.
- 2 This machine is not suitable for therapeutic use. Do not use other medical electronic equipment, such as pacemakers or EKG machines.
- 3 Keep children and pets away from the machine. It is designed for adults and the elderly, especially suitable for office and home use.
- 4 Use the machine on a solid, flat-level surface with a protective cover for your floor or carpet.
- 5 Do not use the product in wet or dusty environments, such as bathrooms.
- 6 Do not use the machine with wet hands. Do not insert any objects into the charger input. This may cause damage to the product or electric shock.
- 7 Do not place fingers or objects into the moving parts of the machine.
- 8 Do not cover while using, to avoid motor overheating and causing malfunction or damage.
- 9 Do not place the power cord under the product or any heavy object.
- 10 Do not use the power cord to move or drag the machine.
- 11 Do not wind the power cord around the product. That could damage the power cord, cause electric shock or electrical fire.
- 12 Do not use the machine if the power plug is loose.
- 13 Turn off the power after each use or before cleaning the machine.



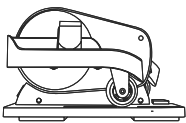
WARNING	
DO NOT USE WHILE STANDING. USE ONLY WHEN SITTING. STANDING ON THE UNIT MAY CAUSE SERIOUS INJURY.	
A green circular icon showing a person sitting on the machine with a green checkmark, indicating correct usage.	A red circular icon showing a person standing on the machine with a red X, indicating incorrect and dangerous usage.

# Overview

There is no assembly required upon opening the packaging. The ElliptiStep electric elliptical trainer is ready to use immediately, with no additional installation necessary.



## List of accessories



Main frame x1



Power cord x1



Manual x1



Remote control x1



Button cell battery x1  
(packed separately)

# Display panel



---

**Speed** Display speed level (1-12 level) on auto mode.

---

**Resis.** Display resistance level (1-9 level) on active mode.

---

**Dist.** Automatically keep track of the distance for each session.

---

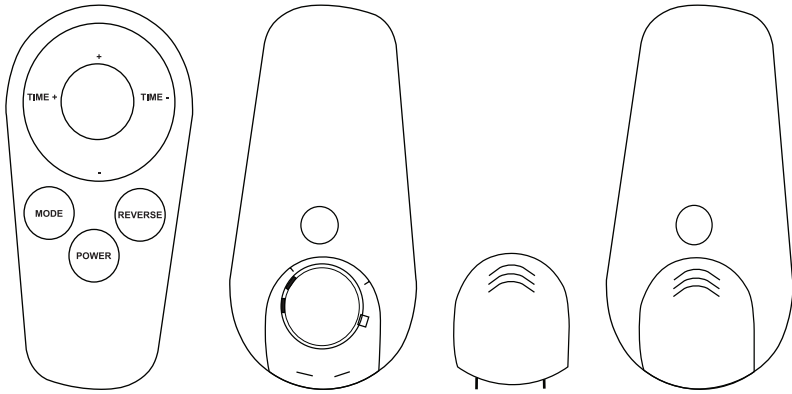
**Cal.** Automatically keep track of the calories burned for each session.

---

**Time** Display the preset countdown progress of your workout.

---

# Remote control



\*Note: Lithium-MnO2 button cell CR2032 3V 210mAh matched

## Operating procedure

- 1 Plug in the power cord.
- 2 Turn on the "Power switch" on the machine until the red indicator lights up.
- 3 Use the remote control to operate the machine.
- 4 Press the "MODE" button to switch to your preferred mode.





### **Auto Mode (Speed adjustable):**

Press the "MODE" button until the "Speed" display on the left side of the panel. This confirms the machine is set to auto mode.

Press the "START/STOP" button to running the machine in the auto mode.

Press the "REVERSE" button to switch the direction (forward/backward).

Press the "SPEED/RESIS" button to increase or decrease the speed (1-12 speed levels).

The default countdown time at power on is 5 minutes, press "TIME+/-" to increase or decrease the time by 5 minutes for a total of 30 minutes.



### **Active Mode (Resistance adjustable):**

Press the "MODE" button until the "Resis." displays on the right side of the panel. This confirms the machine is set to active mode.

Press the "START/STOP" button to running the machine in the active mode.

Press the "SPEED/RESIS" button to increase or decrease the resistance level (1-9 resistance levels).

The default countdown time at power on is 5 minutes, press "TIME+/-" to increase or decrease the time by 5 minutes for a total of 30 minutes.



# Product care & maintenance

## Storage

- Unplug the power cord and store it in a bundle.
- Place the remote control in the magnetic compartment.
- Carry with hidden handles.
- Store machine in a dry place.



## Maintenance & cleaning

Regular maintenance is essential to keep your under-desk elliptical machine in optimal condition and prolong its lifespan. Follow these simple steps to ensure the longevity and performance of your machine.

- 1 Cleanliness:** regularly clean your elliptical machine to remove dust, sweat, and dirt buildup. Use a soft cloth and mild detergent to wipe down the surfaces, including the handles, pedals, and console. Avoid using abrasive cleaners or solvents that may damage the machine.
- 2 Power source:** if your elliptical machine requires electricity, ensure that it is plugged into a stable power source. Avoid using extension cords or power outlets with multiple devices, as this can cause electrical issues.
- 3 Safety precautions:** always follow the safety guidelines provided by the manufacturer. Use the machine on a stable and level surface, and avoid placing it near water or in humid environments. Keep children and pets away from the machine during operation.

Regular maintenance and proper care of your elliptical machine will ensure its smooth operation and extend its lifespan. By following these guidelines, you can enjoy a safe and effective workout experience for years to come.

<b>Model</b>	E68
<b>Direction</b>	Forward/backward
<b>Speed level</b>	1 - 12
<b>Resistance level</b>	1 - 9
<b>Power</b>	70 W
<b>Voltage</b>	110 V
<b>Product size</b>	16.5 x 15.9 x 10.8 inches
<b>Package size</b>	18.1 x 17.1 x 11.8 inches
<b>Net weight</b>	15.6 lbs
<b>Gross weight</b>	19.4 lbs
<b>Remote control battery type</b>	Lithium-MnO2 button cell CR2032 3V 210mAh

# FCC certification

This device may not cause harmful interference.

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 to an outlet on a circuit different from that to which the receiver is connected.

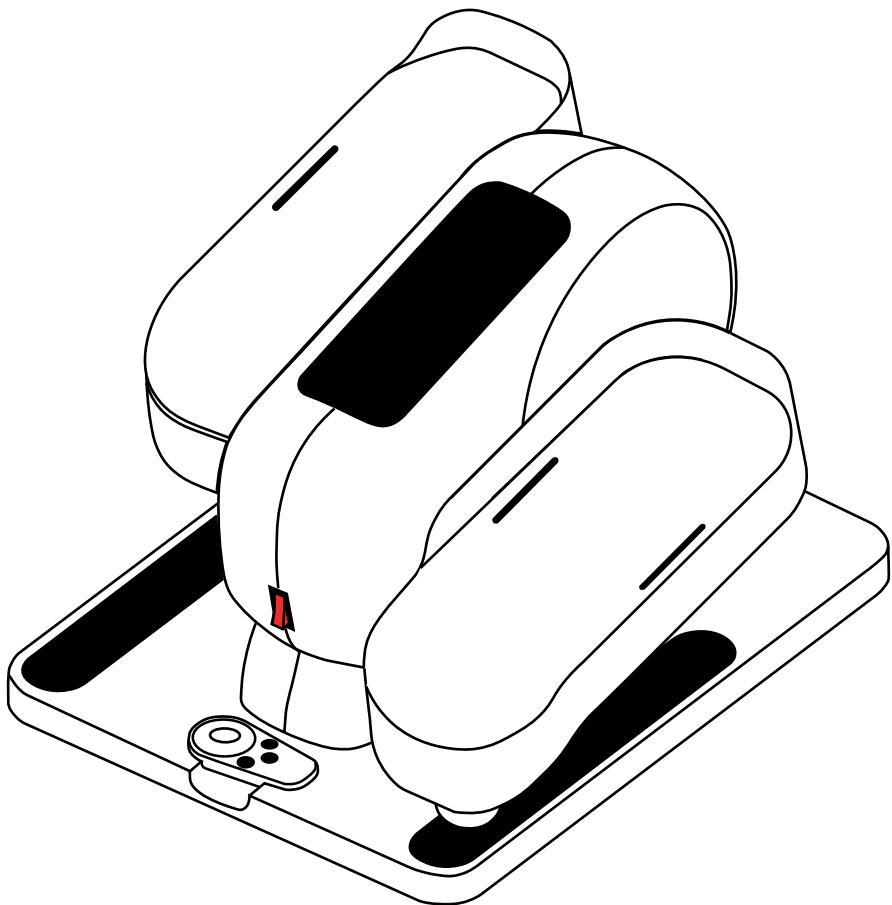
Consult the dealer or an experienced radio/TV technician for help.

Any changes or modifications 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 requirements. The device can be used in portable exposure conditions without restriction.

FCC ID: 2A5GJ-TDO5-EB-008

MADE IN CHINA



**mvs**  
IN  
MOTION

MVS In Motion  
Krommebeekpark 11  
8800 Roeselare  
(Belgium - Europe)  
[mvs-in-motion.com](http://mvs-in-motion.com)

**mambo**  
max  
For  
Fun  
Everywhere

Mambo Max® and  
associated visuals are  
trademarks of MVS In Motion.  
Unauthorized use is strictly  
prohibited

REF 03-070150



5 420063 007153