activeLife Trainer

Under-Desk Elliptical Trainer

FC **CE** RoHS 2011/65/EU

Bluetooth 4.0
Low Energy
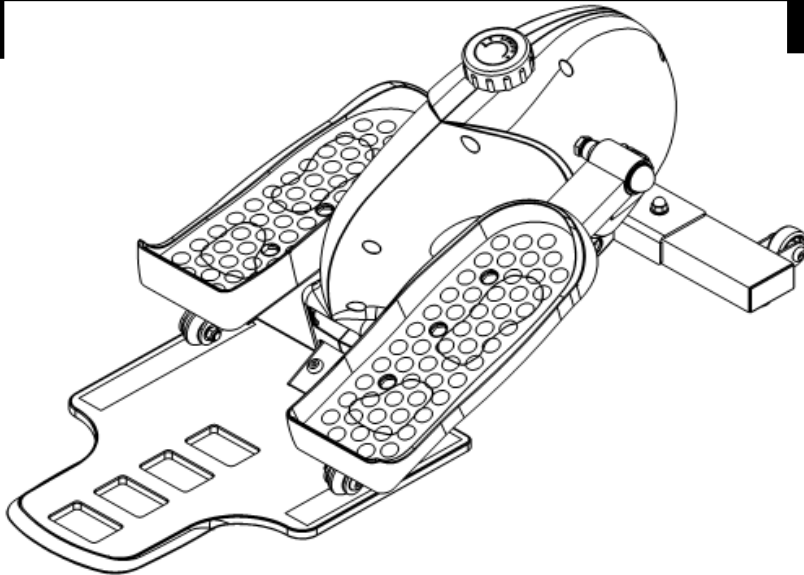
Congratulations

on your purchase of *activeLife Trainer*^{TM}[1]! Before you begin to use your new Active Motion Seating Machine, please unpack and assemble it. Then you're ready to place it in a convenient location under your desk and / or in front of an armchair or other chair. For your safety and enjoyment, please be sure to read, follow, and understand all the instructions in this manual.

SAFETY PRECAUTIONS
Before You Begin

This *activeLife Trainer*^{TM} was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment such as this. Be sure to read, follow and understand the entire manual before you operate this machine, including the following safety precautions:

1. Consult your physician or other health care professional before beginning this or any other exercise program.
2. Always wear proper apparel when using the machine. In particular, ensure that you do not wear loose items of clothing such as long scarfs, long skirts, jewelry or other loose items which may become entangled in the moving mechanism.
3. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
4. Keep children and pets away from the machine while in use.
5. **NEVER USE *activeLife Trainer*^{TM} WHILE STANDING ON IT. *activeLife Trainer*^{TM} IS FOR USE WHILE SAFELY SEATED ON YOUR FAVORITE CHAIR ONLY!!!**
6. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
7. Do not operate this exercise equipment if it is damaged.
8. This machine is for low impact exercise. Begin exercising at resistance level 1. We suggest you increase resistance by one level after 45 min – 60 min if you feel you are not exerting enough effort.
9. Suggested speed while using this machine is 40-70 Rounds per Minute. Do not use this machine at greater than 70 RPM.
10. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
11. Keep loose items away from moving parts.

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[1] *activeLife Trainer TM* is protected by US and foreign patents Additional patents are pending. The *activeLife Trainer TM* name and logo are protected trademarks

WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICAN.
THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR
PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS
BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY
FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH
THE USE OF THIS OF PRODUCT.

How to Assemble your *activeLife Trainer*™ :

1) **After uppacking your *activeLife Trainer*™ , find your hardware pack (screws, bolts, batteries, and the tool).**
2) **Take a look at the following drawing:**
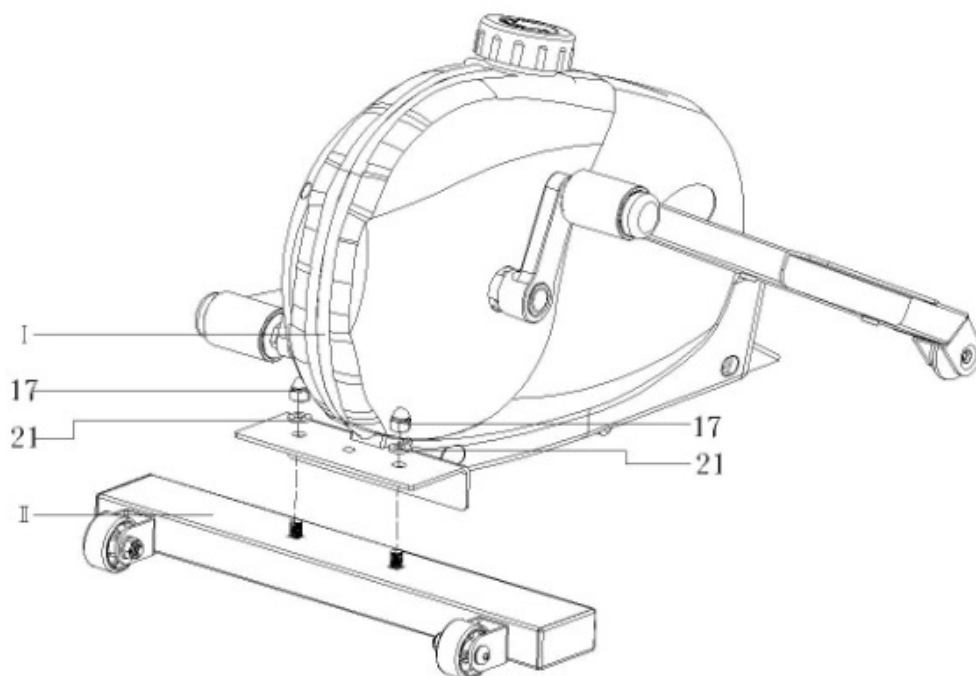
3) **Begin by placing the cross bar (II) on the floor. The side with the threads sticking out goes on top.**
4) **Place the main corpus (I) over threads.**
5) **Put both washers (21) over both threads.**
6) **Tighten both nuts (17) onto both threads.**
7) **Ensure cross bar (II) is firmly attached to corpus (i). If it is not, re-tighten nuts 17**

8) Take a look at the following drawing:
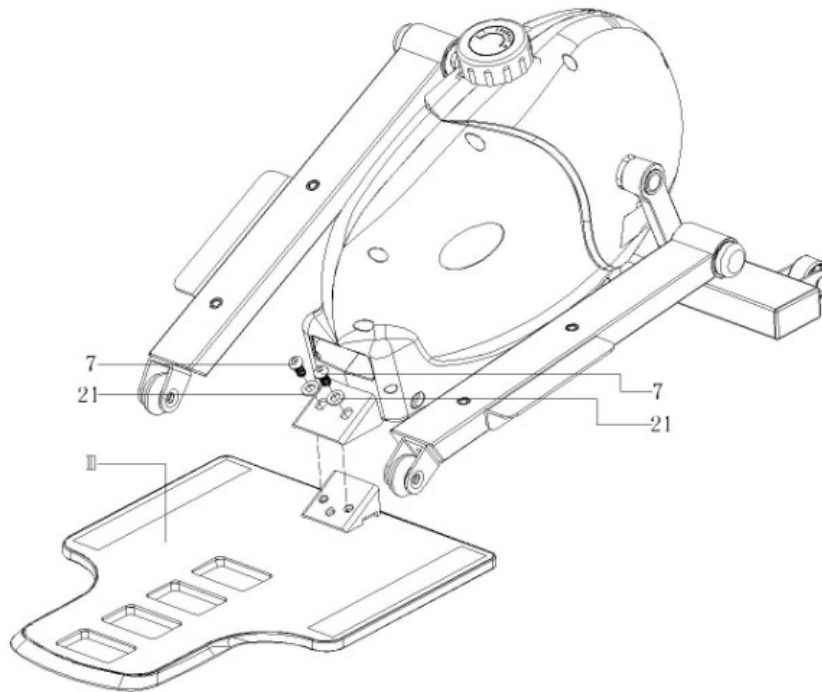
9) Place attachment plate (III) UNDER the tab on the corpus (I).

10) Thread both washers (21) onto both bolts (7)

11) Ensuring washers (21) don't slip off bolts (7), tighten both bolts (7) into the treads on the attachment plate (III).

12) See if the attachment plate (III) is securely attached to the corpus (I) so that both form one unit. If not, re-tighten both bolts (7).
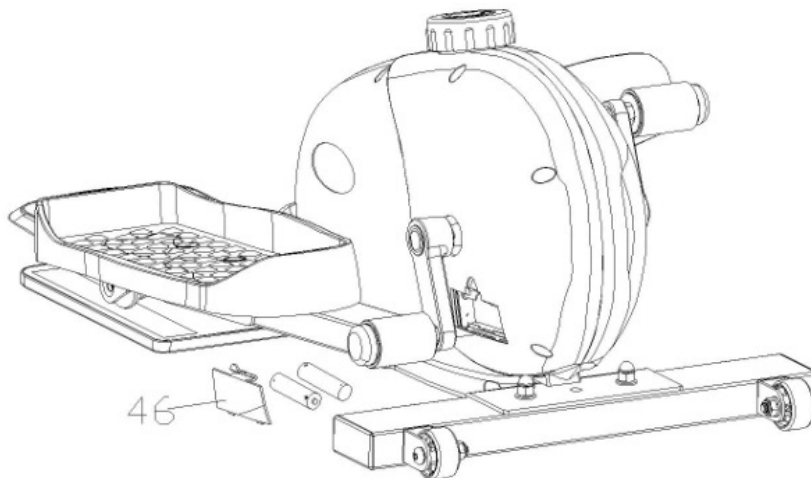
13) Take a look at this drawing:
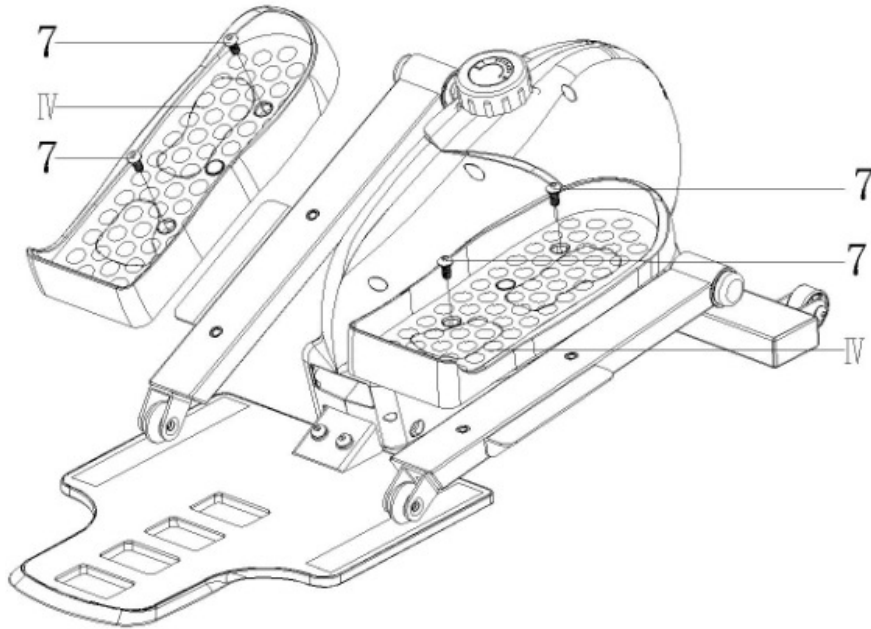
14) Locate all four bolts (7)

15) Locate the right and left pedal platforms (IV). Note they are different.

16) Using two bolts (7), attach both pedal platforms (IV)

17) Take a look at this drawing:

18) Locate both batteries.

19) Remove the cover of the battery compartment (46)

20) Insert batteries into the battery compartment located by the right pedal. Ensure the +

and – poles are not reversed to avoid damaging the sensor.

21) **Re-insert the cover of the battery compartment.**

How to Set Up your *activeLife Trainer*^{TM} :

1) **Find a convenient, stable, and level place for your *activeLife Trainer*^{TM}, such as:**
   + under your desk
   + in front of your favorite sofa, arm-chair, or other chair

2) **When using *activeLife Trainer*^{TM} with an office chair with wheels, do be sure to roll one of your five wheels in the chair connector like on the picture below:**

3) Re-read the Safety Precautions from page 2

4) **This machine is for low intensity exercise. Begin exercising at resistance level 1. We suggest you increase resistance by one level after 45 min – 60 min if you feel you are not exerting enough effort.**

5) **Suggested speed while using this machine is 40-70 Rounds per Minute. Do not use this machine at greater than 70 RPM.**

6) Using your Smartphone or Tablet to read out your Useage information with *activeLife Trainer*™'s built in Smartsensor:

1) Make sure that you own a Smartphone or Tablet that has Bluetooth 4.1 or later (also called Bluetooth Low Energy – or BLE).   Examples of BLE compatible devices are:
    + iPhone 4s or later
    +iPad 3rd generation or later
    +iPod touch (5th generation or later)
    +Android 4.3 or later
    +Newer versions of MS Windows, Linux, etc.

2) Use your BLE compatible device and install an exercise, wellness, or sports app that is capable of displaying Bicycle Speed and Cadence information. Some of the most popular ones are:
    +Cateye (the app we currently recommend)
    +Wahoo Fitness
    +iBiker Indoor and Outdoor Cycling
    +Strava
    +Runnmeter Pro

➔ Please note that several of these apps allow you to share your *activeLife Trainer* Workouts on Facebook, Twitter, Nike+, and other Social Media Platforms.

3) If there are multiple *activeLife Trainer*^{TM} in the area, be sure to look at the <u>Smartsensor ID</u>, such a "*aLT 10000034*" on the lower right of the corpus. It gives you the unique ID of the specific *activeLife Trainer*^{TM} you wish to pair. Then follow the instructions in your app to connect to your *activeLife Trainer*^{TM}. Done!

4) NOTE: To turn on the Smartsensor so the app can "see" it, the pedals have to be moved briefly.

*active**Life** Trainer*^{TM} Care and Maintenance

To keep your *active**Life** Trainer*^{TM} performing safely:

- Examine regularly for damage and wear such as to rollers, plastic, and metal parts
- Replace defective components immediately and/or stop use until any defects are repaired
- When a roller wheel squeaks, apply a small amount of WD-40 to the roller wheel pad.
- If you notice damaged or loose parts, stop using immediately and repair before resuming use.

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*active**Life** Trainer*^{TM} Warranty

We warrant this product to be free of defects due to manufacturing or materials as follows: 1 year - mechanical and electronic components; we will replace any defective part after inspection by an authorized agent. Costs incurred due to product replacement such as installation, labor charges or transportation are not covered under this warranty. This warranty does not cover normal wear and tear and regular maintenance such as cleaning of rollers, adjustments to the transmission belt, or battery replacement.

If you are not absolutely pleased with your activeLife Trainer™ for any reason, you are entitled to our 30-day, no-hassle money-back guarantee. To return your activeLife Trainer™ simply contact us at orders@activeLifeTrainer.com or call (708) 689-4989 to obtain a RMA number and a return address. Merchandise and all attachments and accessories must be returned in the original factory packaging and be in saleable condition. Return transportation is customer's responsibility and at customer cost. Your account will be credited promptly upon receipt and inspection of merchandise. Shipping charges are non-refundable.

You can also contact us at:

Duo Desk LLC

Customer Service

1414 Audubon St.

New Orleans, LA 70118

Phone: 708.689.4989

info@activelifetrainer.com

***activeLife Trainer*^{TM} Certifications:**

- The smartsensor in ***activeLife Trainer*^{TM}** is CE certified under R&TTE 2014/53/EU

  European R&TTE Declaration of Conformity
  Hereby, Cypress Semiconductor declares that the Bluetooth module CYBLE-022001-00 complies with the essential requirements and other relevant provisions of Directive R&TTE 2014/53/EU.

  All versions of the CYBLE-022001-00 in the specified reference design can be used in the following countries: Austria, Belgium, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, The Netherlands, the United Kingdom, Switzerland, and Norway.

- The smartsensor in ***activeLife Trainer*^{TM}** is certified by the Federal Communications Commission: FCC ID WAP2001
  FCC NOTICE:
  The device CYBLE-022001-00, including the antenna 2450AT18B100 from Johanson Technology, complies with Part 15 of the FCC Rules. The device meets the requirements for modular transmitter approval as detailed in FCC public Notice DA00-1407.transmitterOperation 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.

  CAUTION:
  The FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by Cypress Semiconductor may void the user's authority to operate the equipment. 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

- The smartsensor in ***activeLife Trainer*^{TM}** is certified by Industry Canada; License: IC: 7922A-2001
  IC NOTICE:
  The device CYBLE-022001-00 including the antenna 2450AT18B100 from Johanson technology, complies with Canada RSS-GEN Rules. The device meets the requirements for modular transmitter approval as detailed in RSS-GEN. 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.

  IC RADIATION EXPOSURE STATEMENT FOR CANADA
  This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

  Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

- ***activeLife Trainer*^{TM}** is CE certified under EN ISO 20957-1:2013 and EN 957-8:1998

- ***activeLife Trainer*^{TM}** is certified to comply with RoHS 2011/65/EU and is certified WEEE compliant.

Technical Product Specs[2]: *activeLife Trainer*

GENERAL SPECS:

- Gross Length x Width x Height: 24" x 16" x 15" (61cm x 41.5cm x 38.5 cm)

- Gross Weight: 35 lbs (16 kg)

- Net Weight: 30 lbs (14.5kg)

- Maximum User Weight: 500 lbs (225 kg) (device is for USE WHILE SEATED ON A SUITABLY WEIGHT RATED THIRD PARTY SEAT ONLY).

- Able to accommodate user whose height ranges from approximately. 4' 2" to 6' 9" (ca. 127 cm - 205 cm)

- Power Supply: 2x 1.5 V Battery; approximately. 6 months continuous use

- Work out resistance: User controlled rare earth magnet resistance.

- Resistance varies from approximately. 2 W to approximately. 40 W depending on rotation speed and magnet setting.

INTERNAL SMART SENSOR SPECS:

- Bluetooth 4.1 (BLE) Smart Sensor

- Sensor uses open platform bicycle sensor standard for cadence (RPM) and speed transmission

- Battery Life: approximately 6 months daily use (ca. 5 hours a day)

- Compatible with dozens of fitness and exercise apps.

- Compatible with all Bluetooth 4.1 devices that can run fitness and exercise apps. These include Android (4.3 and up), iPhone (4S and up), iPad (3rd generation and up), and certain versions of MS Windows and Linux.

- Depending on the app used and whether an optional chest strap is used, user can get feedback on: Current speed, average speed, time worked out, distance travelled, heart rate, calories burned, lap time, etc.

- Most apps allow sharing of your activeLife Trainer™ workouts on Sports, Exercise, and Wellness platforms such as MapMyFitness, Nike+, etc. .... and on Facebook, Twitter, Instagram, and other social media and wellness platforms.

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2 Subject to modifcation without notice