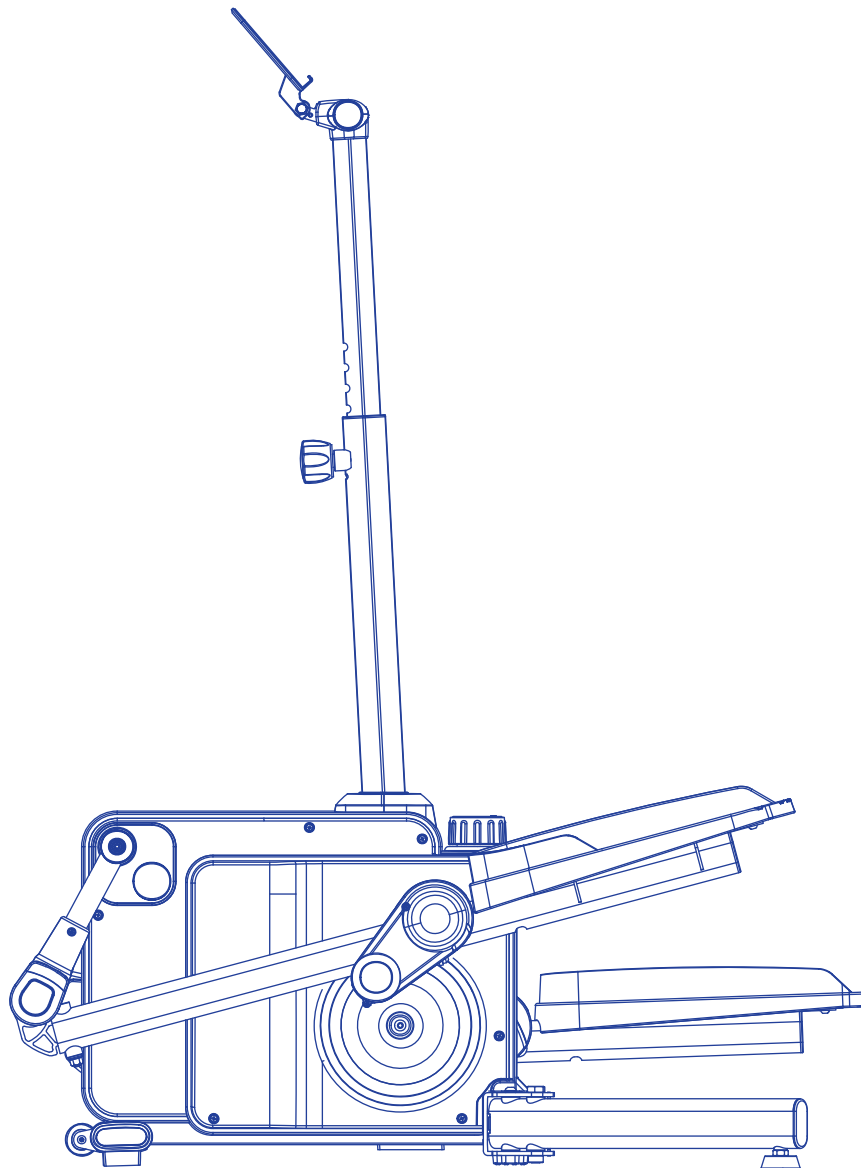




Engineering in Motion

LB007 Vertical Elliptical Trainer



Product Registration
www.bluemov.com/register

Bluemov LLC, Minnesota

Thank you for choosing this product. For your safety and optimal performance, read this manual carefully before assembly and use. Safe and effective operation depends on proper assembly, maintenance, and use. Always follow the instructions, warnings, and precautions in this manual.

SAFETY INSTRUCTIONS

1. Health & User Safety

Before starting any exercise program, consult your physician if you have any medical conditions, use medical devices, or take medications that affect heart rate, blood pressure, or cholesterol.

Stop exercising immediately if you experience pain, chest tightness, irregular heartbeat, shortness of breath, dizziness, or nausea. Consult a physician before resuming exercise.

2. Intended Use

This product is intended for **adult use only** and is not designed for medical or rehabilitation purposes .

The designed maximum user weight is 250 lb (113 kg)

3. Installation & Environment

- This product is intended for **indoor, residential use only**.
 - Use the product on a **firm, level surface** with a protective floor mat.
 - Maintain at least **2 ft (60 cm)** of clear space on all sides.
 - Ensure all nuts and bolts are securely tightened before use.
-

4. Safe Operation

- Use the product only as instructed and as labeled.
- Do not use the product if any part is damaged or defective.
- Stop use immediately if abnormal noise or movement is detected and resume only after the issue is resolved.
- Wear appropriate exercise clothing and footwear.
- Keep hands, fingers, and objects away from moving parts.

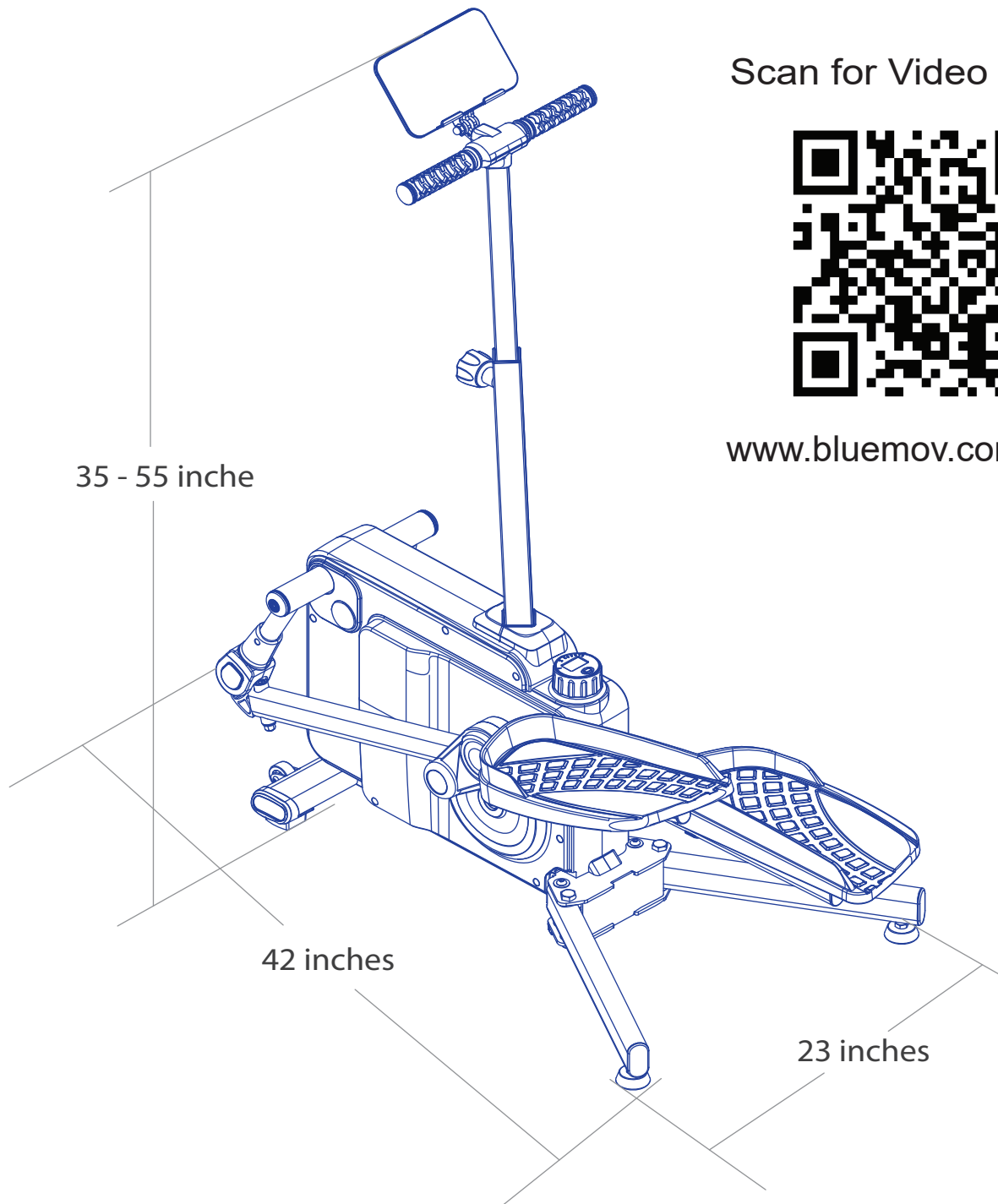
LB007 Installation Guide

Read the entire Installation Guide before starting the assembly processes.

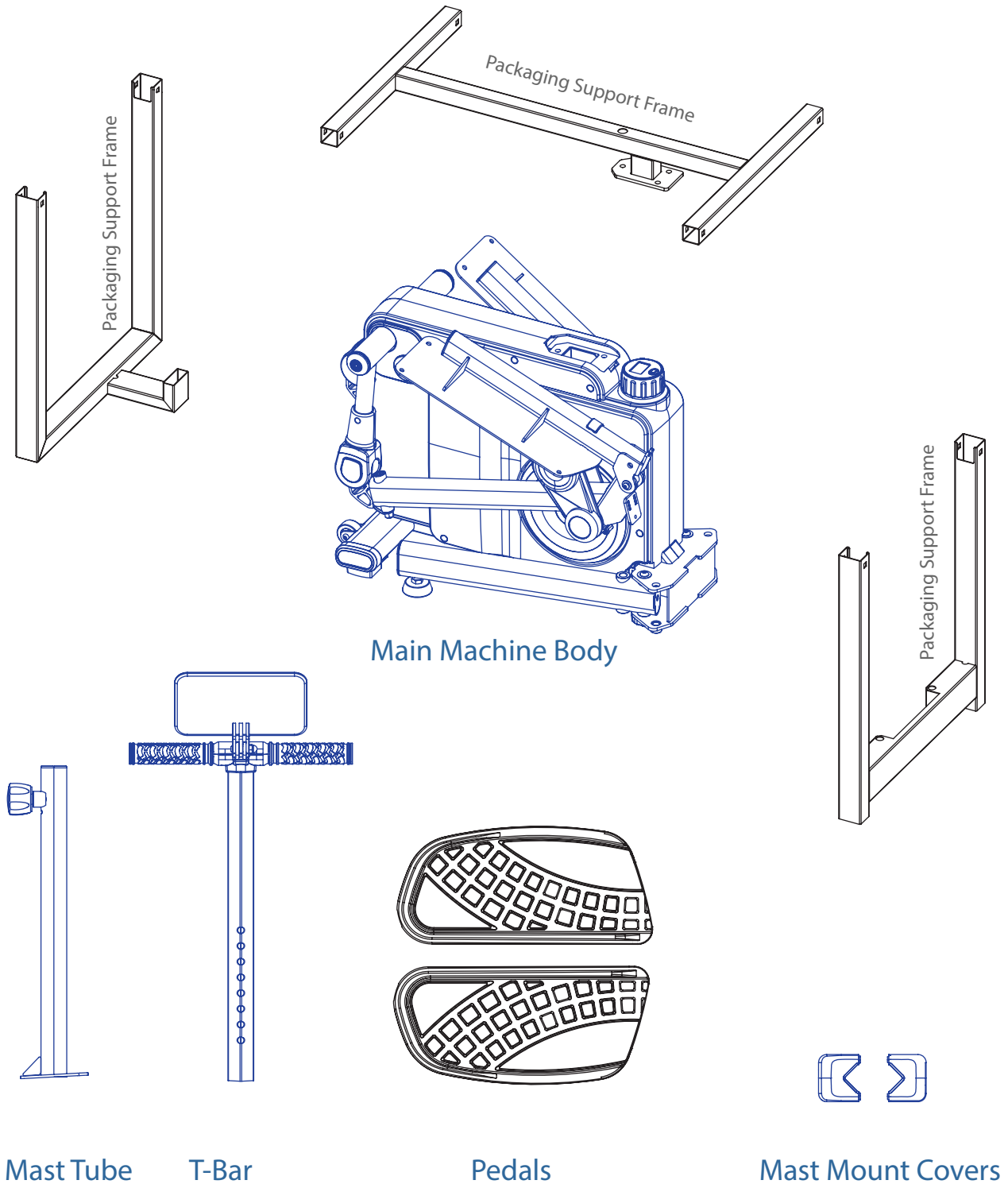
Scan for Video Guide



www.bluemov.com/install



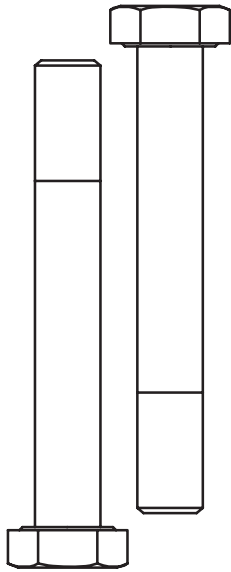
1. Unbox & Prepare



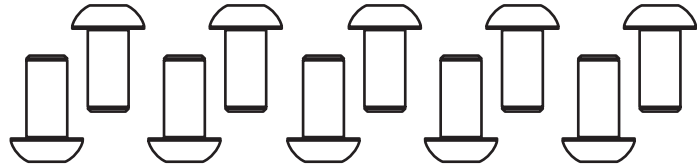
Gather all parts and hardware for each assembly step before beginning that step.

Tools & Fasteners

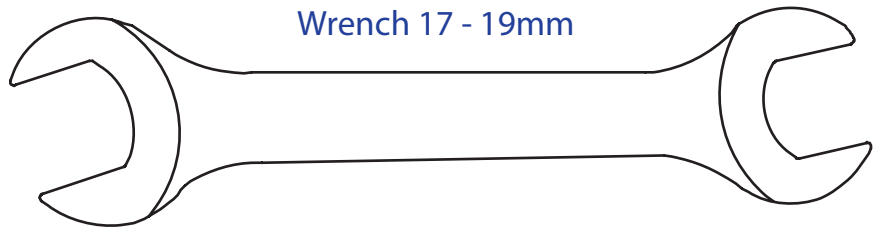
Bolts
M12 (85mm) 2 pcs



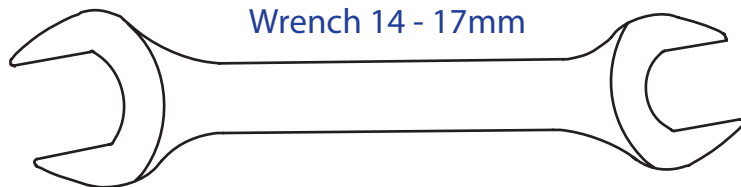
Hex Socket Screws
M6 (12mm) 10pcs



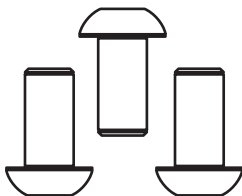
Wrench 17 - 19mm



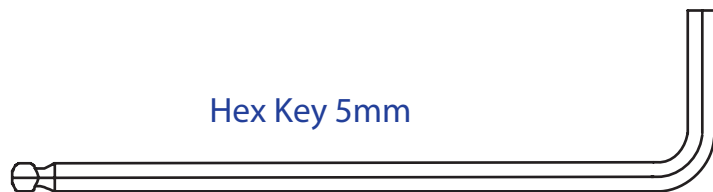
Wrench 14 - 17mm



Hex Socket Screw
M8 (16mm) 3 pcs

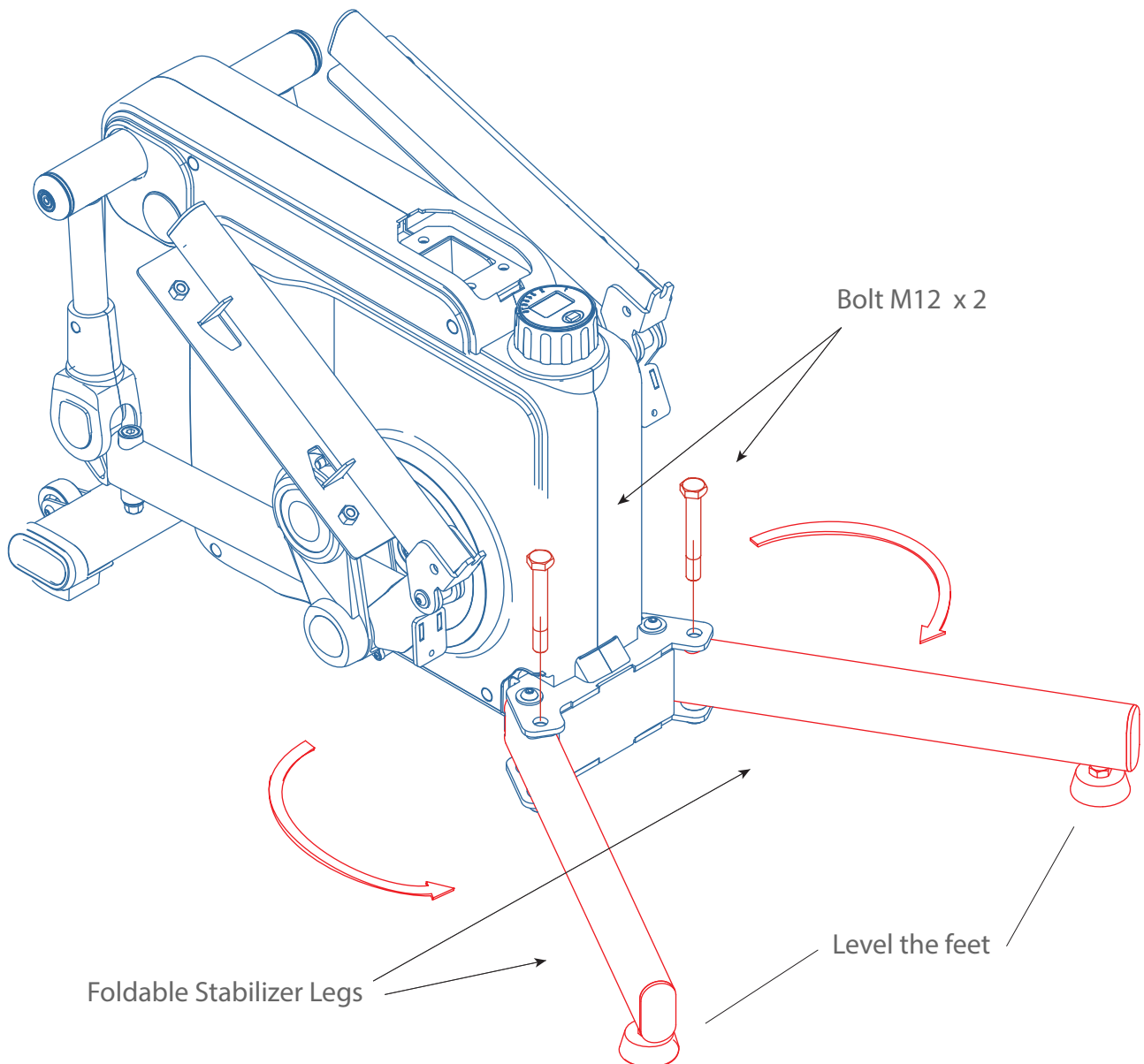


Hex Key 5mm



Use the tools in the box, turning fasteners clockwise to tighten them, counterclockwise to loosen.

2. Unfold Stabilizer Legs

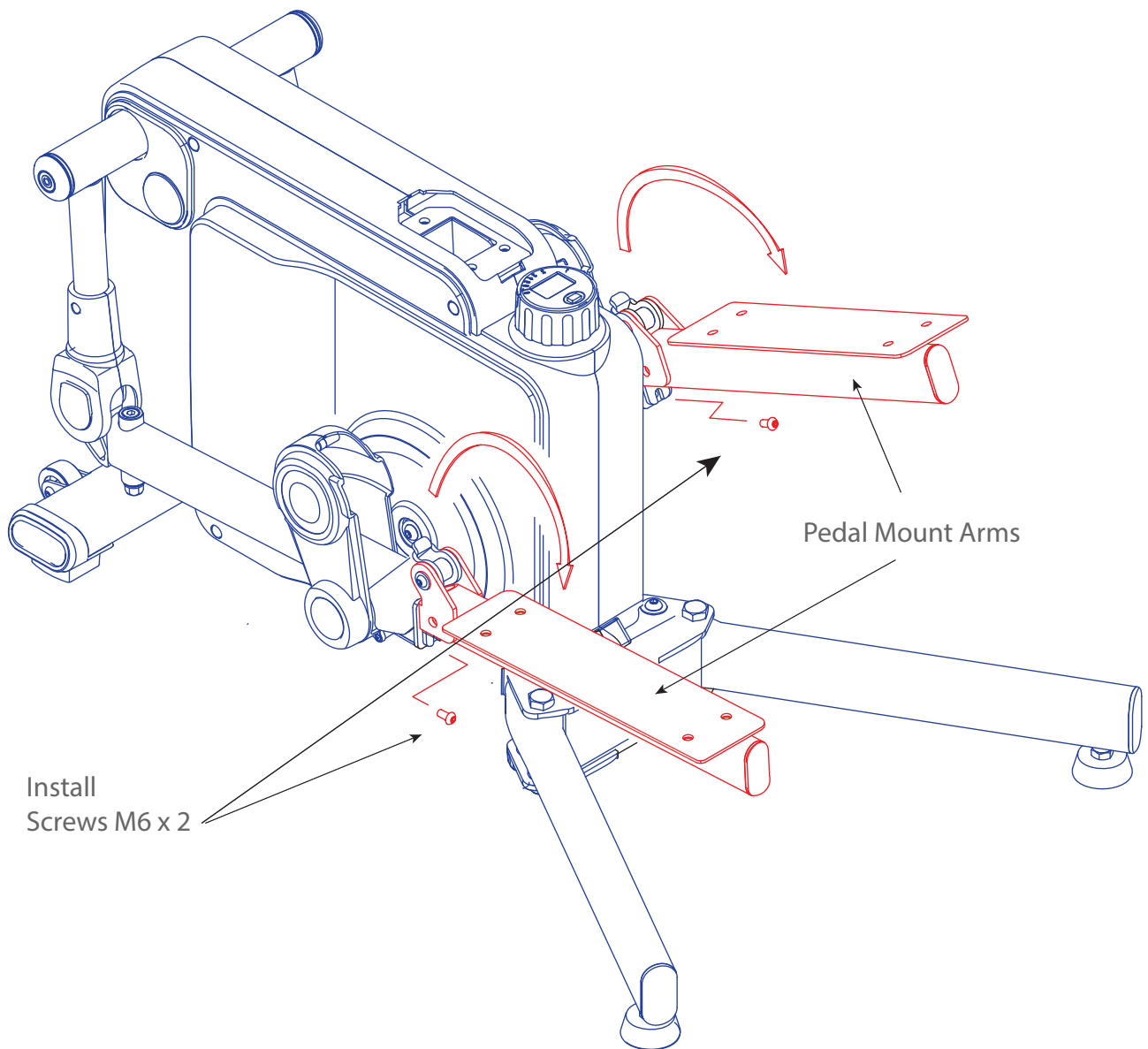


Align the mounting holes on the stabilizer legs and the supporting frame, and install the Bolt M12 x 2.

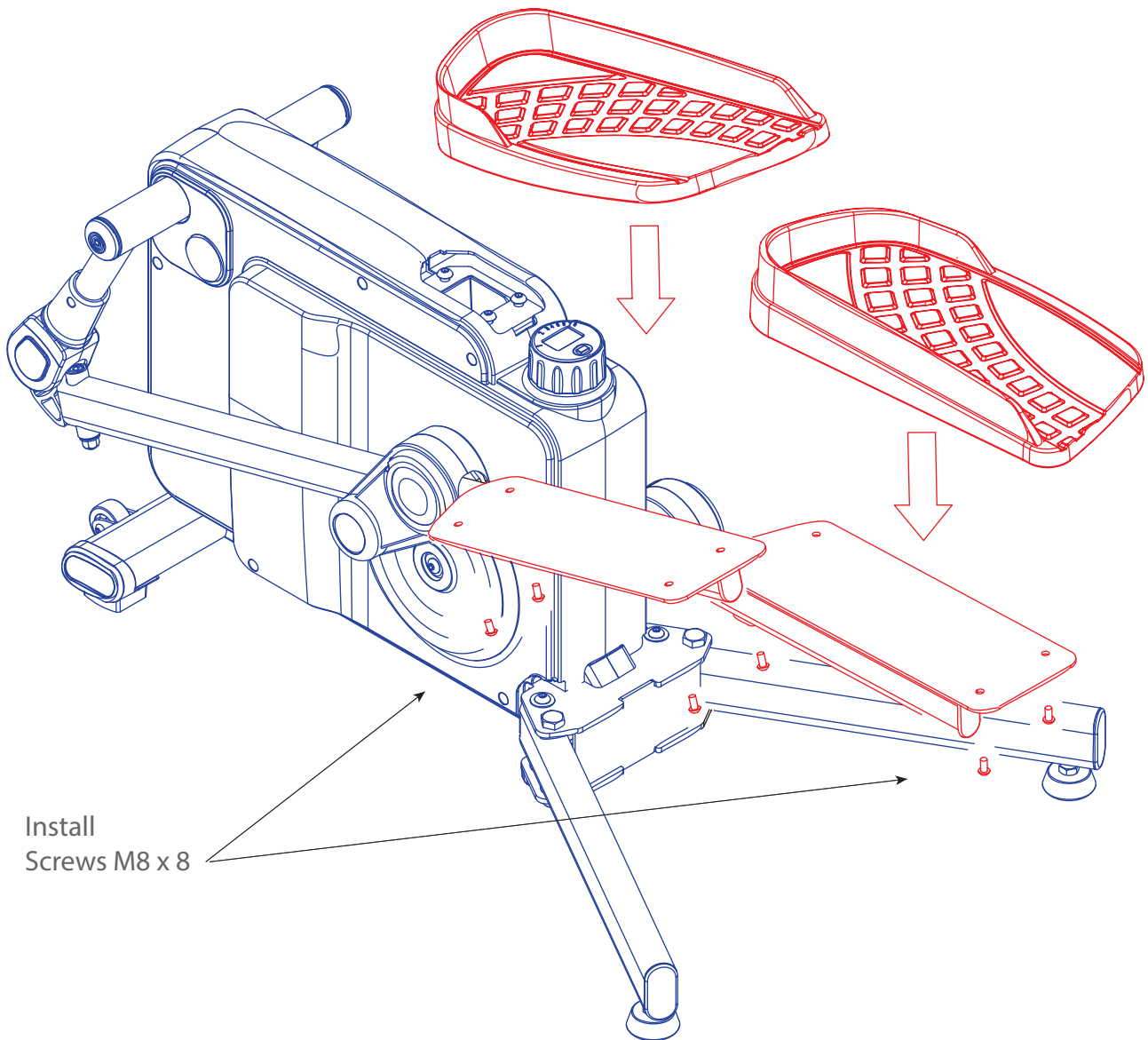
[IMPORTANT] Make sure the bolt is firmly fastened to the frame

After installing the stabilizer legs, adjust the two leveling feet until the machine is stable and level.

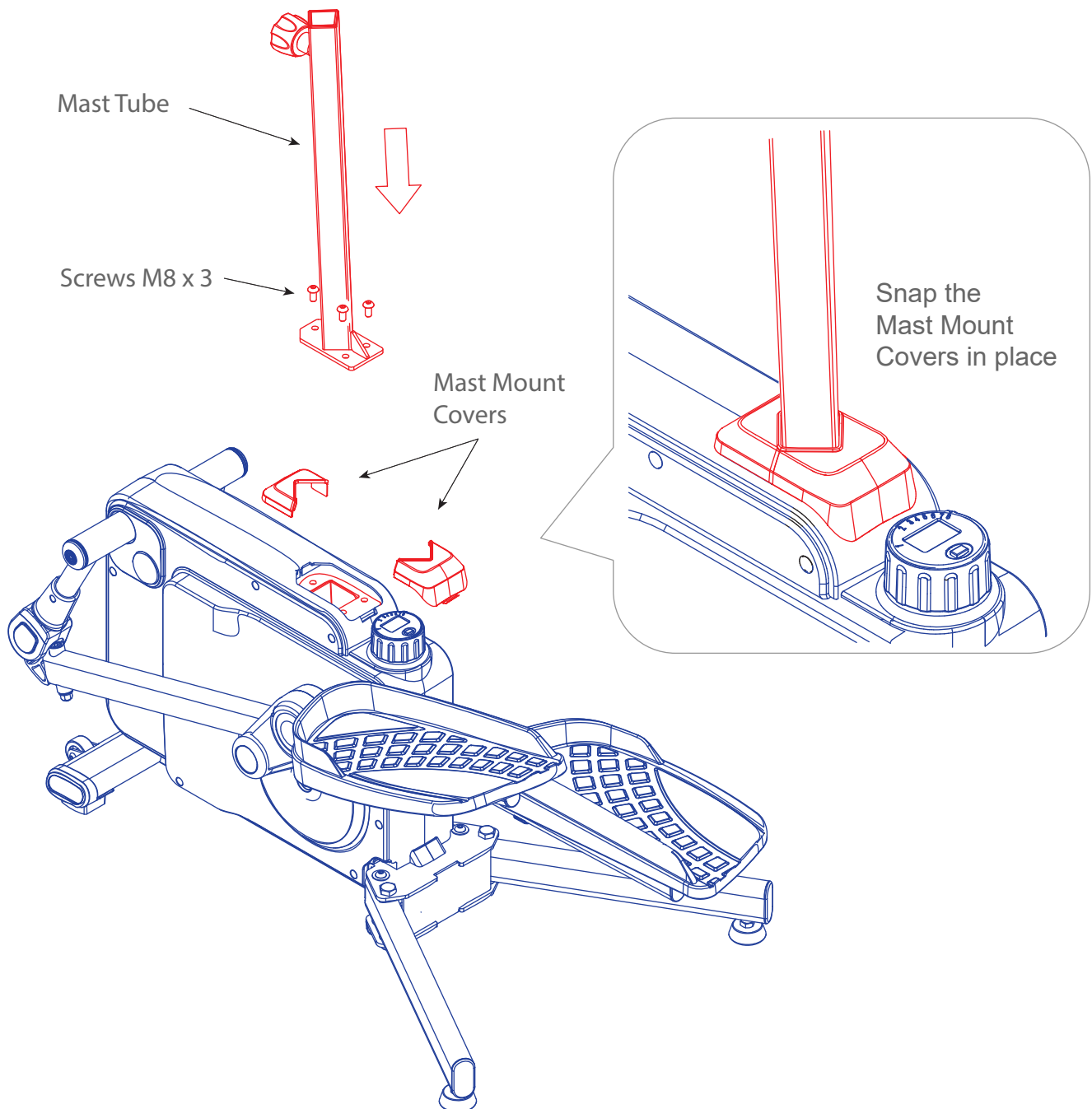
3. Unfold Pedal Mount Arms



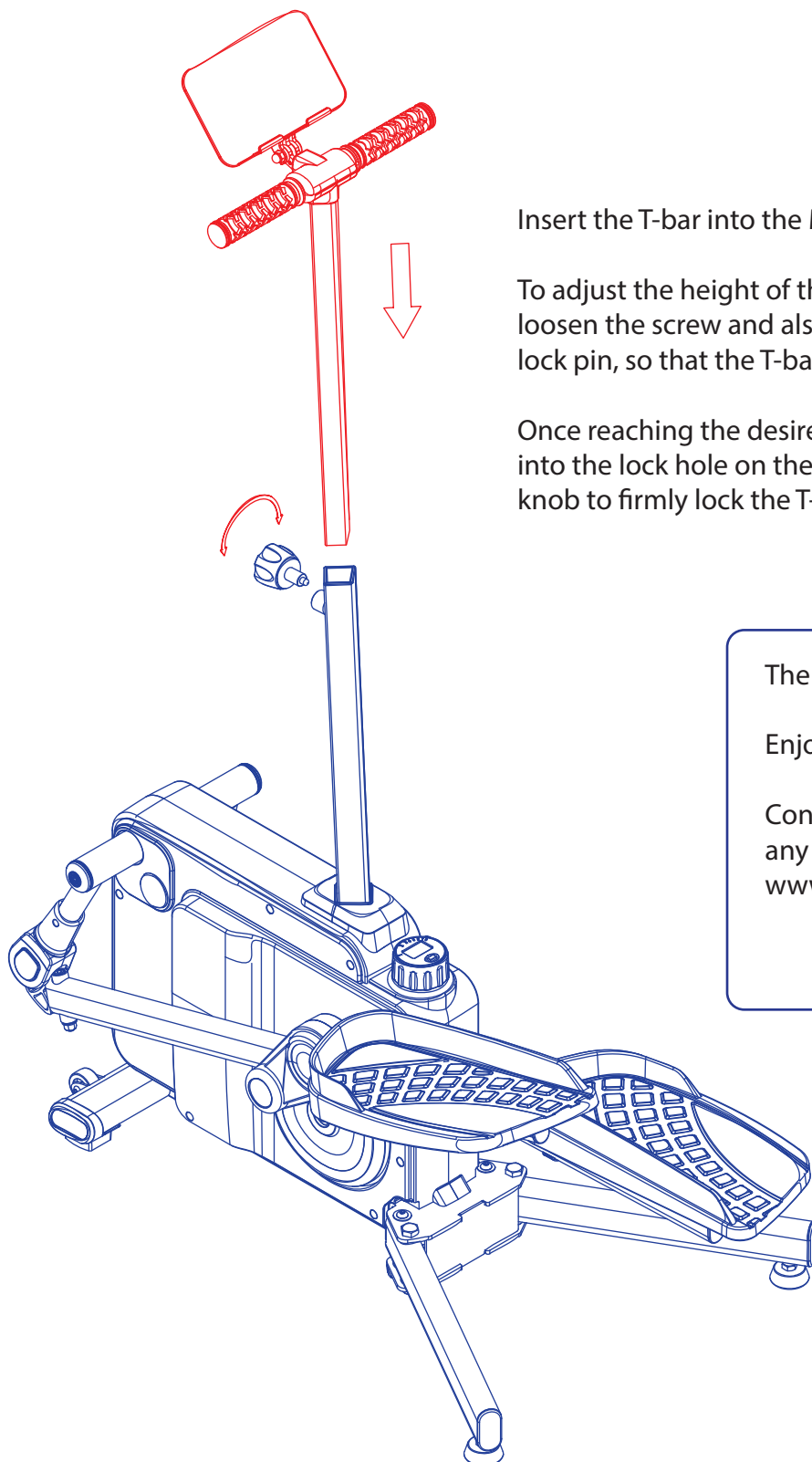
4. Mount Pedals



5. Install Mast Tube



6. Insert T-Bar



Insert the T-bar into the Mast Tube.

To adjust the height of the T-bar, rotate the knob to loosen the screw and also pull out the spring-loaded lock pin, so that the T-bar can move up and down.

Once reaching the desired height, release the lock pin into the lock hole on the T-bar, and then tighten the knob to firmly lock the T-bar in the position.

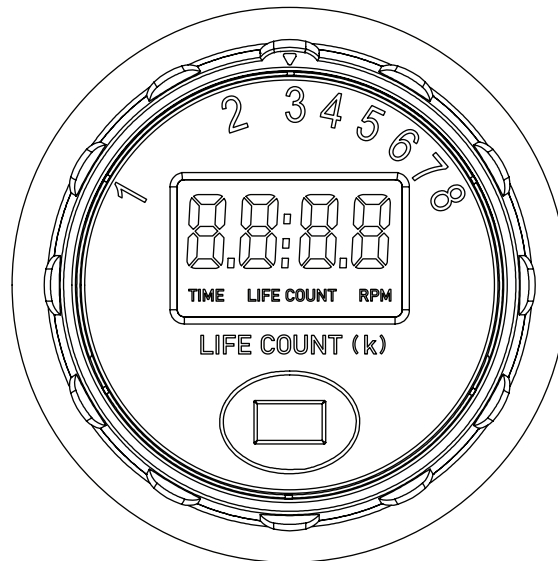
The installation is completed.

Enjoy using the LB007

Contact us via our website for any questions or issues.
www.bluemov.com

Thank you so much!

Resistance Knob & Digital Counter



◇ Resistance Level

Rotate the knob to select the desired resistance level (8 levels).

◇ Button Function

Normal Press Switch Display Mode: Time - Count - Life Count - RPM

Long Press 3s Reset Session Time and Session Count

Long Press 8s Reset Life Count

◇ Digital Display

TIME Session Time (triggered by the first cycle of the session)

COUNT Cycle Count of the Current Session

LIFE COUNT Accumulated Cycle Count

RPM Real-Time Rotation Per Minute

◇ Auto Display On & Off

When the LB007 starts from idle state, the display is auto-on, and the count starts.

When the LB007 is idle for 4 minutes, Session Time and Count will reset and display is auto off.

◇ Change Battery

Battery can last about 2 years. When the LED display becomes dim, please replace the battery. Pry open the top panel cover to replace the battery. Battery type: CR2032