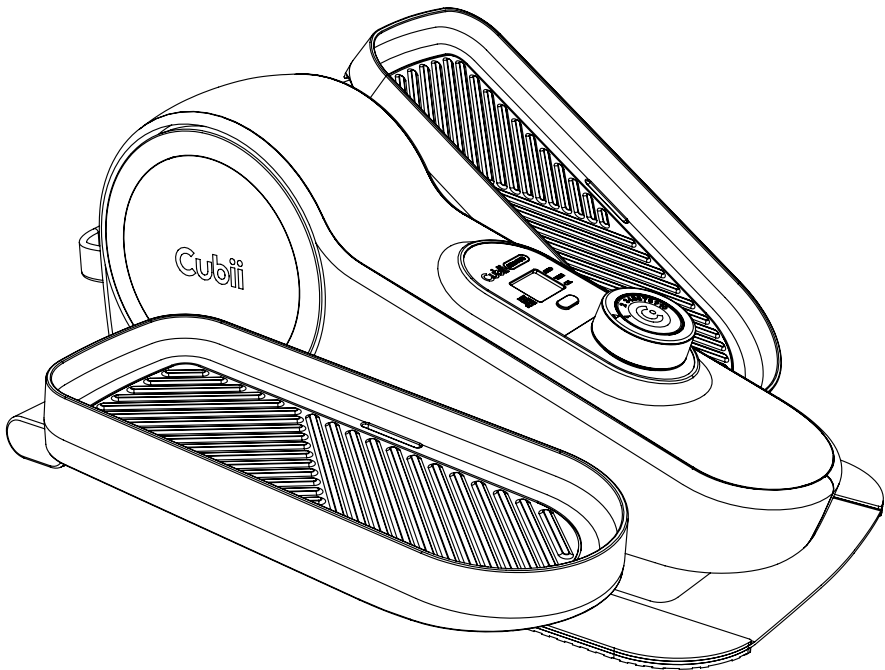
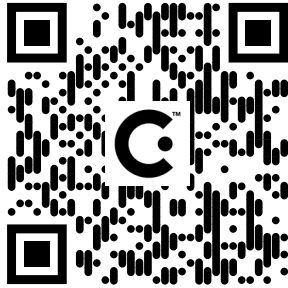


Cubii[®] GROOVE[™]

COMPACT SEATED ELLIPTICAL

Owner's Manual





Additional product information can be found online

Weitere Produktinformationen finden Sie online

Puede encontrar información adicional sobre el producto en línea

Des informations supplémentaires sur les produits sont
disponibles en ligne

Ulteriori informazioni sul prodotto sono disponibili online

Meer productinformatie vindt u online

manuals.cubii.com

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Welcome to the Cubii Communitii®!

Whether you are taking the first step on your fitness journey or looking to get more exercise from the comfort of home, bringing the Cubii Groove into your routine is a big stride toward a healthier, more active life! Before you begin, we want you to be familiar with important information on how to use the Cubii Groove safely so that you and your loved ones get the most out of your experience. Let's review the safety notes and warnings now.

If you have any questions, please contact:

+1-844-282-4401
support@mycubii.com
cubii.com/help

BEFORE YOU BEGIN

Safety Warnings & Instructions

WARNING Consult your physician before starting this or any exercise program. This is especially important if you have never exercised before, are pregnant, or suffer from any health problems. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.

WARNING Do not use when standing. Only use when sitting. Failure to follow all warnings and instructions could result in serious injury or death.

WARNING To reduce the risk of serious injury, read the following Safety Instructions before using Cubii Groove.

WARNING Wear sturdy, closed-toed shoes when using any Cubii elliptical.

BATTERY WARNING

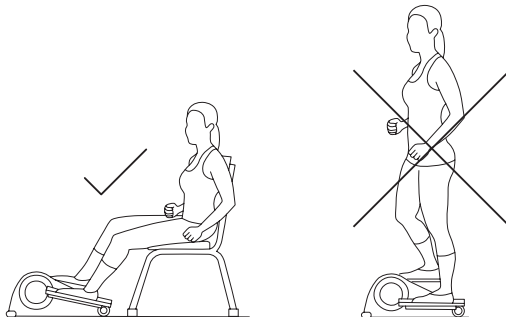
KEEP OUT OF REACH OF CHILDREN. DO NOT SWALLOW. Battery can cause serious injuries if swallowed or placed inside any part of the body. Seek medical attention immediately if it is suspected the battery has been swallowed or placed inside any part of the body.

1. Read all warnings and cautions posted on the Cubii Groove unit.
2. Cubii Groove should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people are available for assembly of this product.
4. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
5. Set up and operate Cubii Groove on a solid, level surface. Do not

position Cubii Groove on loose rugs or uneven surfaces.

6. Make sure that adequate space is available for access to and around Cubii Groove.
7. Before using, inspect Cubii Groove for worn or loose components. Securely tighten or replace any worn or loose components prior to use.
8. Do not wear loose or dangling clothing while using Cubii Groove.
9. Follow your physician's recommendations in developing your own personal fitness program.
10. Always choose a workout plan which best fits your fitness and ability level. Know your limits and train within them. Always use common sense when exercising.
11. Be careful to maintain your balance on your chair when starting and stopping your workout, and assembling the Cubii Groove; loss of balance may result in a fall and serious bodily injury.
12. Keep both feet firmly and securely on the pedals while exercising.
13. Maximum recommended user weight is 300 pounds (136 kg). Never stand on the pedals, no matter your weight.
14. Cubii Groove should be used by only one person at a time.

USE ONLY WHILE SITTING, DO NOT STAND ON THE UNIT UNDER ANY CIRCUMSTANCE.



I. Before You Begin

Consult Your Physician

It is always important to consult your physician before starting an exercise program. This is particularly true if any of the following apply to your current medical condition:

- Chest pain or pain in the neck and/or arm
- Shortness of breath
- A diagnosed heart condition
- Joint and/or bone problems
- Currently taking cardiac and/or blood pressure medications
- Have not previously been physically active
- Dizziness or blurred vision
- Those with physical handicaps

If you feel any of the physical symptoms listed above when you start your exercise program, contact your physician right away.

GETTING STARTED

Product Size and Weight

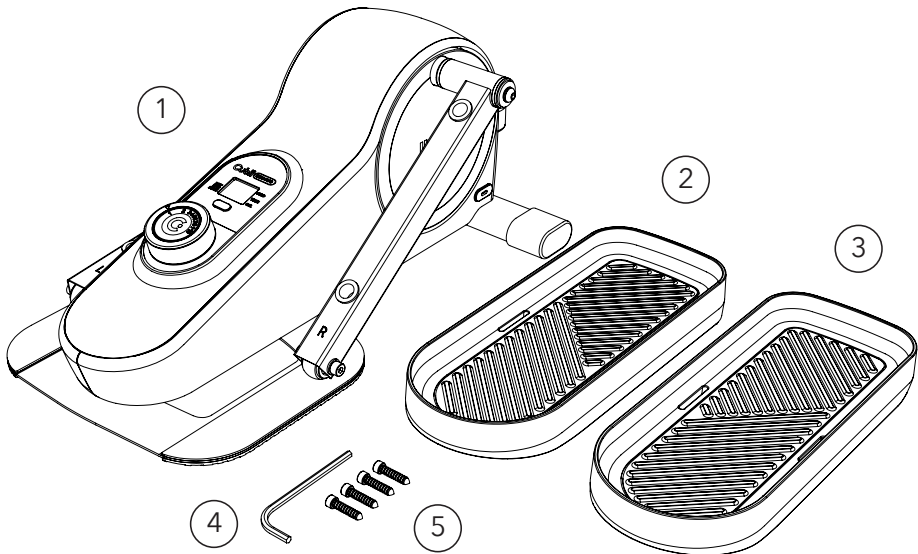
The assembled Cubii Groove measures:

22.4 x 17.4 x 10.2"H (57cm x 44.1cm x 25.9cm)

The weight of the unit is approximately 19lb / 8.6kg

What's in the Box

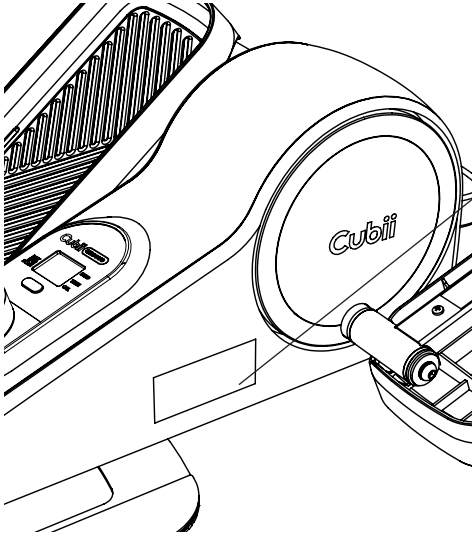
1. Groove Main Body
2. Left Pedal
3. Right Pedal
4. Allen Key
5. Screws (x4)



II. Getting Started

Warning Labels

The warning label is located on your Cubii Groove product here:

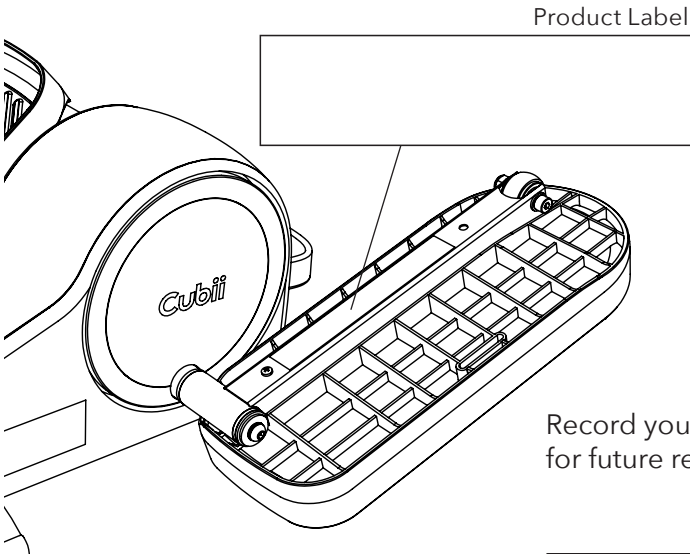


WARNING

Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner's Manual and all other instructions that accompany this product. Replace this warning label if damaged, illegible, or removed. Keep children and pets away from equipment. Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. The maximum weight that can be applied is 300 lb or 136 kg. **DO NOT STAND ON UNIT UNDER ANY CIRCUMSTANCE. USE ONLY WHEN SITTING. STANDING ON THE UNIT MAY CAUSE SERIOUS INJURY.**

Serial Number Location

The serial number is located on your Cubii Groove product here:



Product Label

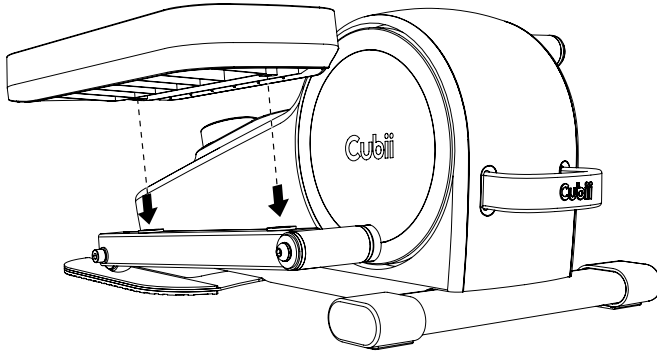
Record your serial number here
for future reference:

ASSEMBLING YOUR UNIT

Follow the steps below to assemble your Groove compact elliptical.

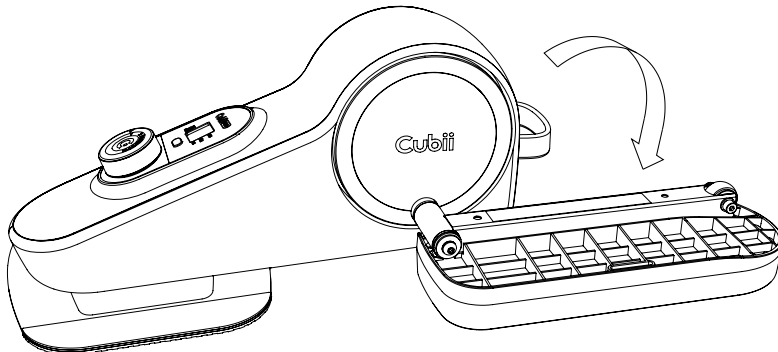
Step 1 – Align

Align the right pedal with the right arm.
Insert the bottom of the pedal into the two small holes.



Step 2 – Flip

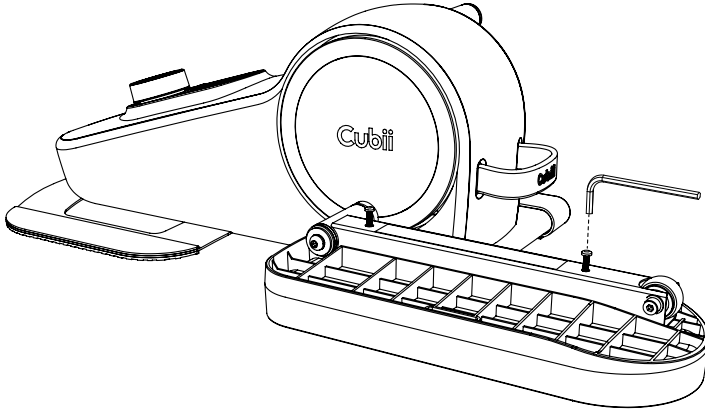
For maximum support, make sure you flip the pedal you are assembling so it is at the bottom and close to the base.



III. Assembling Your Unit

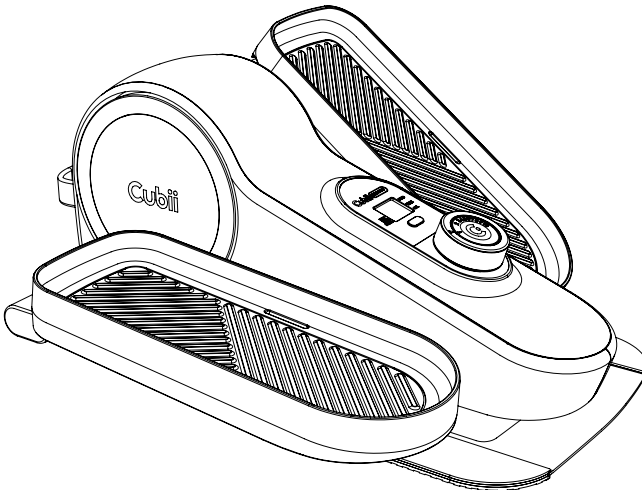
Step 3 – Screw

With an allen wrench, screw in the pedal until tight. Make sure it does not wobble.



Step 4 – Repeat

Repeat steps 1-3 with the left pedal, then get moving!



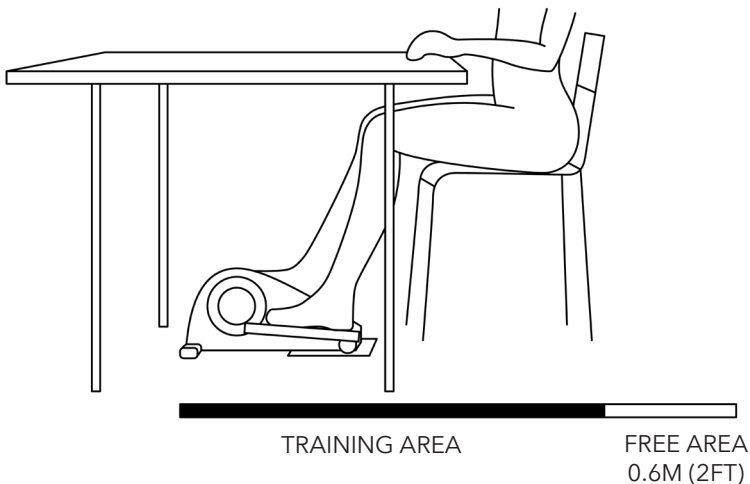
USING YOUR CUBII GROOVE

Make sure to have followed all of the assembly steps in the Owner's Manual before you begin using Cubii Groove.

Positioning

The Cubii Groove can be used either in an upright position, such as with an office chair, or in a more reclined position, such as when used on a sofa.

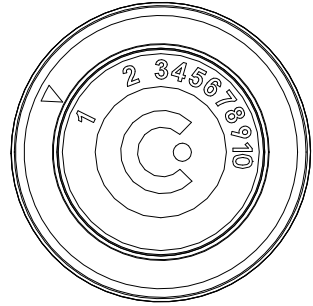
- Cubii Groove occupies a floor area of 22.4 x 17.4 x 10.2"H (57cm x 44.1cm x 25.9cm). Please leave a clear zone behind the training area that is at least 24" (61 cm). This zone must be clear of any obstruction and provide the user a clear exit path.
- Find the seat configuration that suits you most. If you feel there is not enough room between your knees and the desk, push your Cubii Groove away from you and lower the chair height. Keep your back straight, and do not slouch.



IV. Using Your Cubii Groove

Adjusting the Resistance

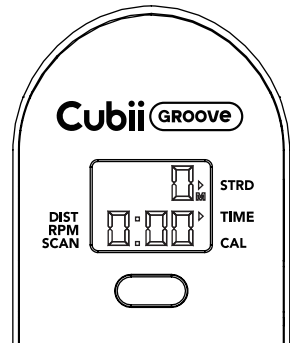
Cubii Groove has 10 resistance levels. Adjust your workout intensity by turning the resistance control knob. Level 1 is the lowest intensity and level 10 is the highest. We recommend you begin at Level 1 and increase the intensity gradually over time.



Display Monitor

You can track your workout using the LCD Screen. It tracks the stats listed below:

1. Strides (0-9999)
 2. Calories (0-999.9 kcal)
 3. Distance (0-999.9 mi or km)
 4. Time (0:00-99:59 hour:min)
 5. RPM (0-999 strides/min)
- Press the blue button to switch between stats. Select scan to alternate automatically.
 - Screen turns on when the silver button is pressed or when you start pedaling. Screen turns off after 4 minutes of inactivity.
 - To reset stats, press and hold the silver button until all segments turn black (about 3 seconds), then let go. Replacing the battery will also reset the stats. When the stats reach maximum values, they will reset to zero.
 - To switch from Miles (M) to Kilometers (K), press and hold the silver button for at least 6 seconds. All segments will turn black twice during this time. After the second flash of black segments, release the button. When displaying distance, you will see the M is now showing a K, or vice versa.



GENERAL INFORMATION

Warranty

For more information about how to register your unit and our warranty policy, scan the QR code at the beginning of the manual, call our Customer Service number +1-844-282-4401 or visit Cubii.com.

We strongly recommend keeping the original box in the event of a warranty claim.

Troubleshooting

For troubleshooting and assistance with your Cubii Groove, you can email us at: support@mycubii.com

Care and Maintenance

The safety and integrity designed into Cubii Groove can only be maintained when Cubii Groove is regularly examined for damage and wear. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.

Special attention should be given to the following:

- Periodically wipe the unit down with a damp cloth, paying special attention to the rubber padding on the wheel tracks. This will help reduce any noise between the wheels and the wheel track.
- Pay special attention to how tightly the pedals are screwed to the pedal arms. Tighten regularly using an allen key.
- Only Fitness Cubed, Inc supplied components shall be used to maintain/repair Cubii Groove.
- Make sure crank arm fastener screws are tightly secured or else pedals could come unscrewed from unit and create noise, and cause risk of damage and injury.

Important Health & Safety Instructions

Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any preexisting health conditions. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Read and follow these instructions:

- Cubii Groove has been designed to be used only while sitting. Do not stand on the pedals as it was not designed to be used while standing.
- Make sure the pedals on Cubii Groove are tight before use. Loose pedals will slowly come undone, create noise, and cause risk of damage and injury.
- Do not subject Cubii Groove to heavy shock or treat it with excessive force. Do not attempt to disassemble or modify it.

- Use Cubii Groove indoors on a level surface. Keep it away from moisture and dust.
- Do not expose Cubii Groove to extremely high or low temperatures. Do not leave Cubii Groove in direct sunlight for an extended period of time.
- Do not place Cubii Groove in a location where it may cause an obstruction.
- Do not use cleaners or solvents to clean Cubii Groove.
- Do not use any lubricants. They can damage the unit.
- Make sure base screws are tightly secured.
- Make sure pedal tubes are as tightly secured to the crank arms.

Regulatory Notices

1. This device complies with Part 15 of FCC Rules. 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.

2. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

V. General Information

- 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.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement.

The device can be used in portable exposure conditions without restrictio

V. General Information

Model No: F7A1

Net weight: 19lb / 8.6kg

Gross weight: 24.3lb / 11kg

Product size: 22.4 x 17.4 x 10.2"H (57cm x 44.1cm x 25.9cm)

Package size: 23.2 x 12.8 x 12.8"H (59cm x 32.5cm x 32.5cm)

Maximum Bearing Weight: 300lbs. (136.08kg)

Durability Class: HC

Designed in Chicago, IL

320 W. Ohio St. Suite 700, Chicago, IL 60654

Made in China





Customer Support
support@mycubii.com
cubii.com/help
+1-844-282-4401