

Cubii® JR2

COMPACT SEATED ELLIPTICAL

Owner's Manual

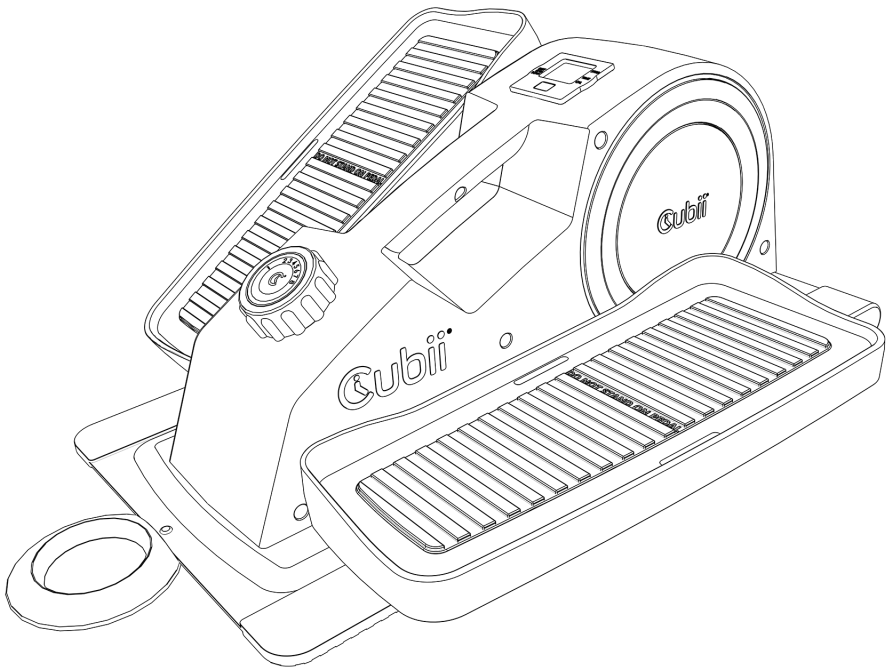


TABLE OF CONTENTS

Before You Begin	2
Safety Instructions	
Consult Your Physician	
Getting Started	4
Product Size and Weight	
What's in the Box	
Warning Labels	
Serial Number Location	
Assembling Your Unit	6
Using Your Cubii JR2	8
Positioning	
Adjusting the Resistance	
Display Monitor	
Using the Chair Wheel Stopper	
General Information	10
LCD Screen Battery Caution & Disposal	
Care and Maintenance	
Troubleshooting	
Return Policy and Warranty	
Important Health & Safety Instructions	
Regulatory Notices	

Welcome to the Cubii Community!

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 JR2 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 Cubii JR2 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/support

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 JR2.

1. Read all warnings and cautions posted on the Cubii JR2 unit.
2. Cubii JR2 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. Do not allow children to use or play on Cubii JR2. Keep children and pets away from Cubii JR2 when it is in use.
5. Set up and operate Cubii JR2 on a solid, level surface. Do not position Cubii JR2 on loose rugs or uneven surfaces.
6. Make sure that adequate space is available for access to and around Cubii JR2.
7. Before using, inspect Cubii JR2 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 JR2.

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 while using, mounting, dismounting, or assembling Cubii JR2; 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 JR2 should be used by only one person at a time.

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 none of these apply to you then start gradually and sensibly. However, 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 JR2 measures:

20.7"L x 17.8"W x 8.8"H (527 x 452 x 223mm)

The weight of the unit is approximately 19lb (8.62kg).

What's in the Box

JR2 Main Body

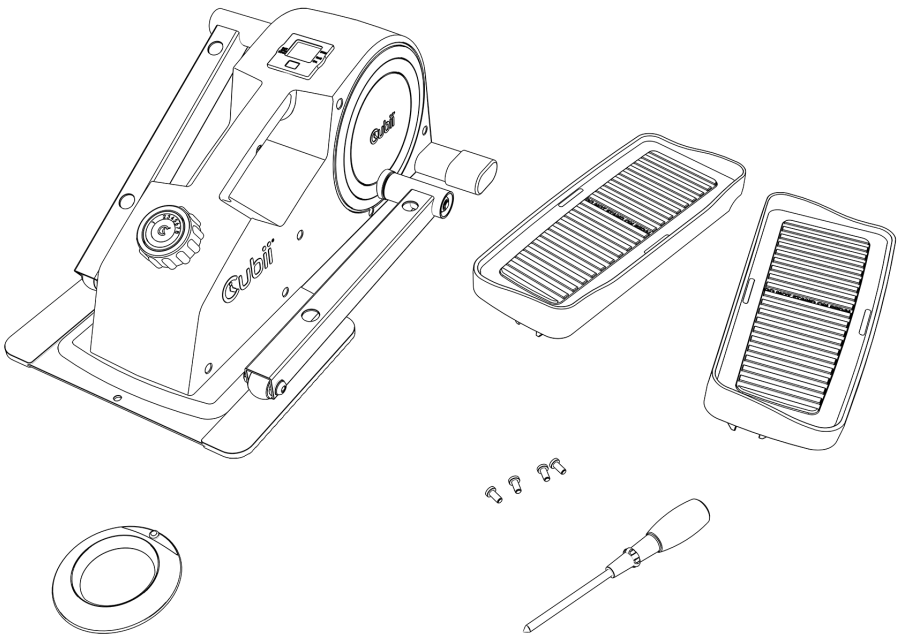
Left Pedal

Right Pedal

Screwdriver

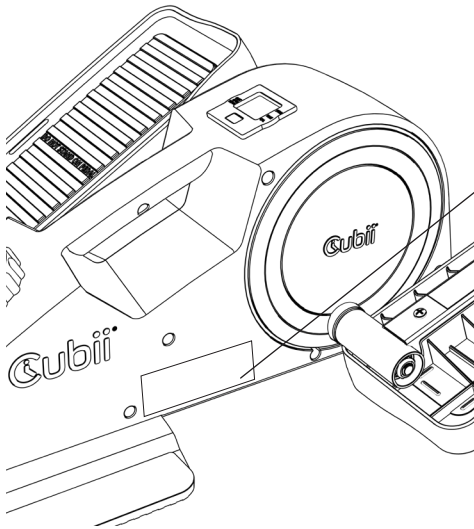
Screws

Chair Wheel Stopper



Warning Labels

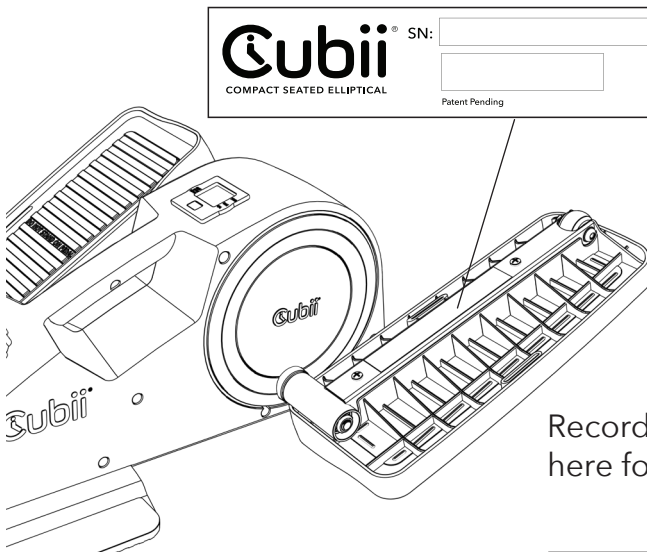
The warning label is located on your Cubii JR2 product here:



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 others including children and pets away from equipment when in use.
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 condition. Always make sure all nuts and bolts are securely tightened before using this product.
DO NOT USE WHILE STANDING. USE ONLY WHEN SITTING. STANDING ON THE UNIT MAY CAUSE SERIOUS INJURY.

Serial Number Location

The serial number is located on your Cubii JR2 product here:



Cubii ® SN: <input type="text"/> COMPACT SEATED ELLIPTICAL Patent Pending	<input type="text"/>	Model No: F3B2 Net Weight: 19lb, 8.6kg Designed in Chicago, IL Made in China    
	<input type="text"/>	

Record your serial number here for future reference:

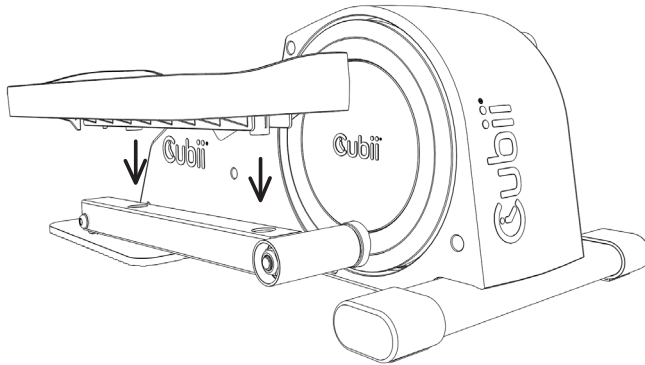
ASSEMBLING YOUR UNIT

Follow the steps below to assemble your JR2 compact elliptical.

Step 1 – Align

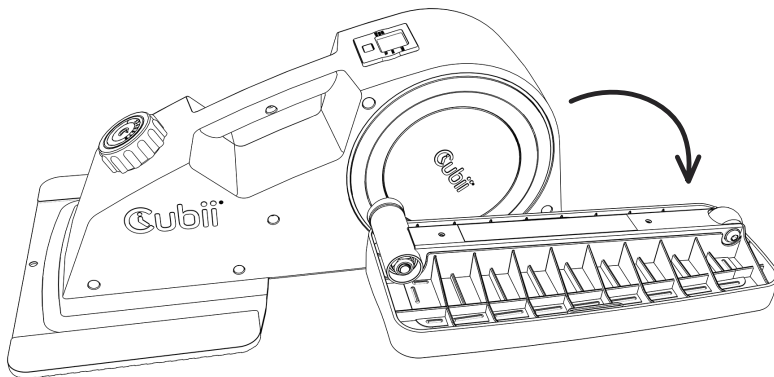
Align the right pedal with the right arm.

Insert the bottom of the pedal into the two small holes.



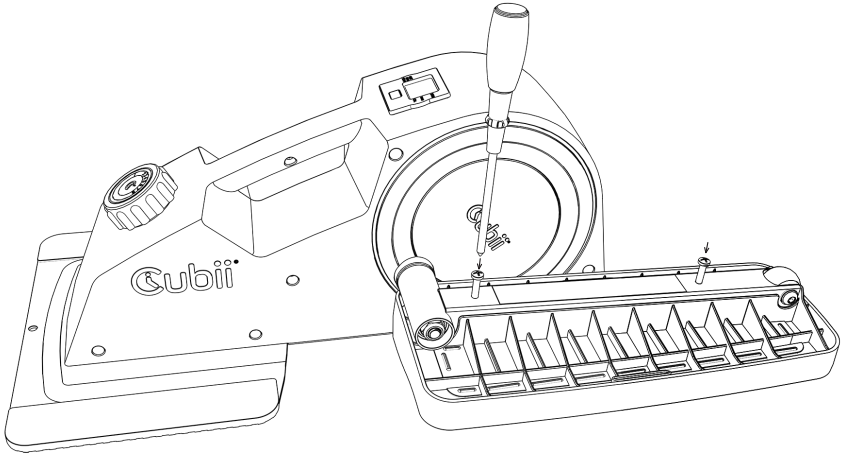
Step 2 – Flip

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



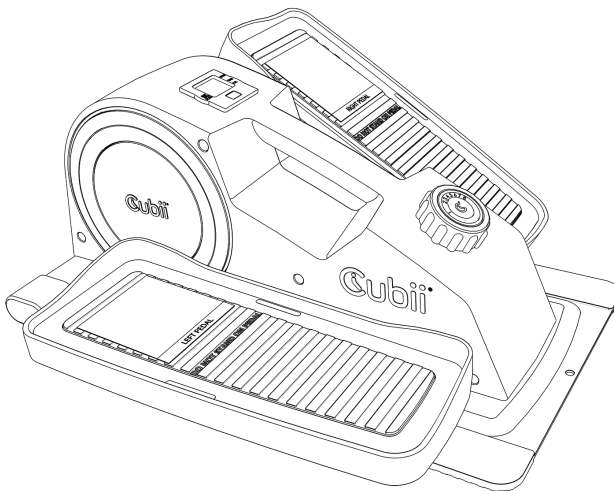
Step 3 – Screw

With a screwdriver, 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!



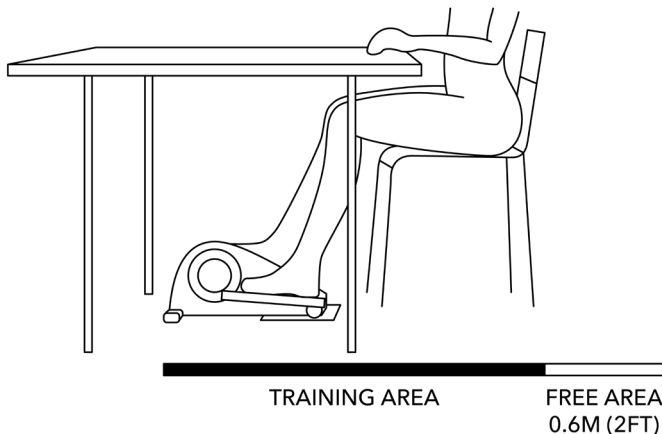
USING YOUR CUBII JR2

Make sure to have followed all of the assembly steps in the Quick Start guide before you begin using Cubii JR2.

Positioning

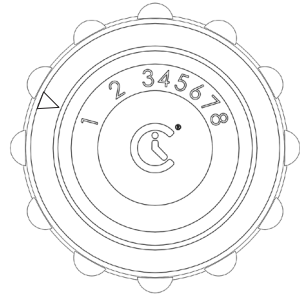
The Cubii JR2 can be used either in an upright position, such as with an office chair, or in a more reclined position, such as when used on a sofa.

- Cubii JR2 occupies a floor area of 20.7" x 17.8" (0.53m x 0.45m). Please leave a clear zone behind the training area that is at least 0.6m (24"). 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 JR2 away from you and lower the chair height. Keep your back straight, and do not slouch.
- If you are sitting on an office chair with wheels, you are encouraged to use the chair wheel stopper.



Adjusting the Resistance

Cubii JR2 has 8 resistance levels. Adjust your workout intensity by turning the resistance control knob. Level 1 is the lowest intensity and level 8 is the highest. We recommend you begin at Level 1 and increase the intensity gradually over time.

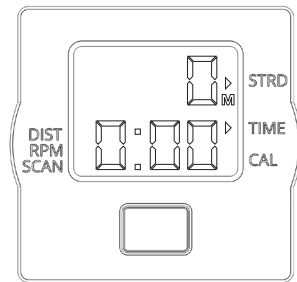


LCD Display Monitor

You can track your workout using the LCD Display Monitor

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)

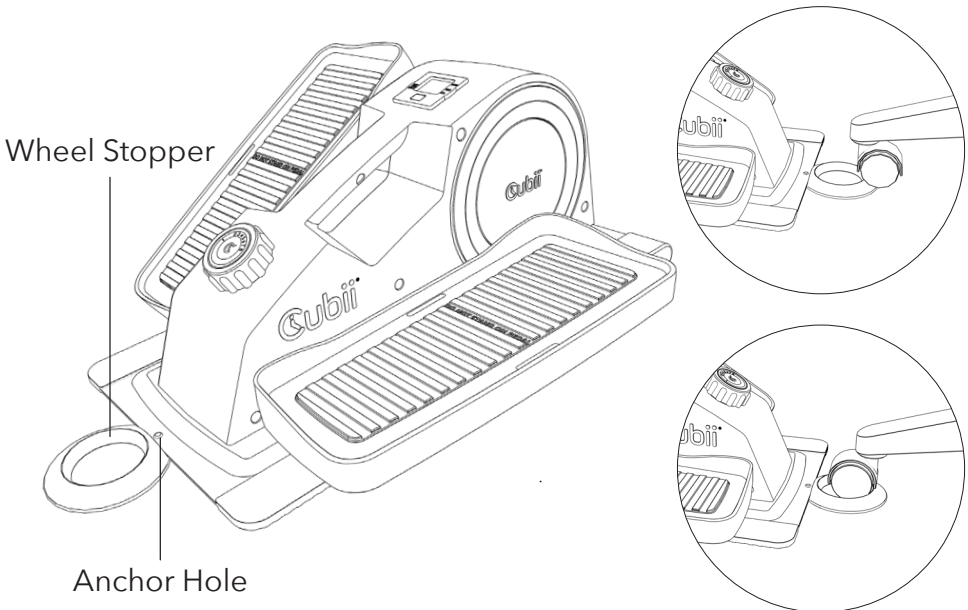


- Press the silver button to switch between stats. Select scan to alternate automatically.
- Screen turns on when the silver button is pressed or when you start pedaling. Screen turns off after 4 minutes of inactivity.
- To reset stats, press and hold the silver button until all segments turn black (about 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 5 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.

Using the Chair Wheel Stopper

If you're using Cubii JR2 while sitting in a chair with wheels or casters, your chair may move during use. If this is happening, follow the steps below:

1. Find the Wheel Stopper that is included with your JR2.
2. Lift up the back of your Cubii JR2 and place the interfacing portion of the wheel stopper under the base plate. The nub goes through the anchor hole.
3. Roll one wheel from your chair onto the circle of the stopper until it is snug in place.
4. If you feel you are too close to your Cubii, the Wheel Stopper can be detached from the base plate and positioned in the location that is best for your needs.



GENERAL INFORMATION

Return Policy and Warranty

The warranty for the Cubii JR2 is 1 year from date of purchase. To register for your warranty, visit: cubii.com/pages/register

Cubii JR2 Return Policy can be found online at: cubii.com/policies/refund-policy

Troubleshooting

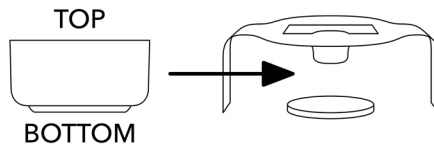
For troubleshooting and assistance with your Cubii JR2, you can email us at: support@mycubii.com

LCD Screen Battery Caution & Disposal

To replace battery, gently remove the screen from the housing to access the back panel.

- For best results, use 1.5V LR44H Alkaline Zinc-Manganese Dioxide Button Cell.
- Only install a new battery of the same type.
- Do not dispose of battery in fire.
- Battery should be recycled or disposed of as per state and local guidelines.
- Failure to insert battery in the correct polarity may shorten the life of the battery or cause the battery to leak.

Correct Orientation Below



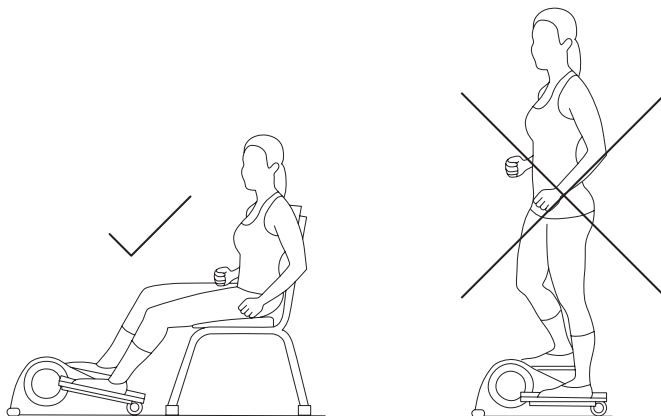
Care and Maintenance

The safety and integrity designed into Cubii JR2 can only be maintained when Cubii JR2 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 a screwdriver.
- Worn or damaged components shall be replaced immediately or Cubii JR2 removed from service until repair is made. Email Fitness Cubed, Inc at support@mycubii.com to request replacement parts.
- Only Fitness Cubed, Inc supplied components shall be used to maintain/repair Cubii JR2.

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



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 JR2 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 JR2 are tight before use. Loose pedals will slowly come undone, create noise, and cause risk of damage and injury.
- Do not subject Cubii JR2 to heavy shock or treat it with excessive force. Do not attempt to disassemble or modify it.
- Use Cubii JR2 indoors on a level surface. Keep it away from moisture and dust.
- Do not expose Cubii JR2 to extremely high or low temperatures. Do not leave Cubii JR2 in direct sunlight for an extended period of time.
- Do not place Cubii JR2 in a location where it may cause an obstruction.
- Do not use cleaners or solvents to clean Cubii JR2.
- Do not use any lubricants. They can damage the unit.

Regulatory Notices

EU (European Union)

Declaration of Conformity with Regard to the EU Directive 2014/53/EU Fitness Cubed Inc is authorized to apply the CE Mark on Cubii JR2, Model F3B2, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 2014/53/EU Compliant with the standard R&TTE 2014/53/EU Conforme à la norme R&TTE 2014/53/EU



Version: JR2OMRD1



Customer Support

support@mycubii.com

cubii.com/support

1-844-282-4401