




## Product Manual

F3A2/Cubii Jr

[mycubii.com](http://mycubii.com)

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 Cubii

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NOTE: Please be advised that the content of this Product Manual may change periodically to reflect the most recent hardware and software updates.

## Before You Begin

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Welcome to the Cubii community. Whether you are a busy professional or a stay-home parent, you've taken a big stride towards a life more active, productive and fulfilling.

Before you begin, we want you to be familiar with important information on how to use Cubii safely so that you and your loved ones do not get hurt. Let's review the safety notes and warnings now.

If you have any questions, please contact [support@mycubii.com](mailto:support@mycubii.com).

### Safety Instructions

**WARNING** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem.

**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.

1. Read all warnings and cautions posted on Cubii.
2. Cubii should only be used after a thorough review of the Product Manual.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from Cubii. Do not allow children to use or play on Cubii. Keep children and pets away from Cubii when it is in use.
5. Set up and operate Cubii on a solid level surface. Do not position Cubii on loose rugs or uneven surfaces.
6. Make sure that adequate space is available for access to and around Cubii.
7. Before using, inspect Cubii for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
8. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
9. Follow your physician's recommendations in developing your own personal fitness program.
10. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
11. Do not wear loose or dangling clothing while using Cubii.

### F3A2 Cubii Jr Seated Elliptical

12. Never exercise in bare feet or socks; always wear correct footwear, such as running, walking, or crosstraining shoes. Be sure that they fit well, provide foot support and feature non-skid rubber soles.
13. Be careful to maintain your balance on your chair while using, mounting, dismounting, or assembling Cubii; loss of balance may result in a fall and serious bodily injury.
14. Keep both feet firmly and securely on the pedal caps while exercising.
15. Cubii should not be used by persons weighing over 250 pounds.
16. Cubii should be used by only one person at a time.



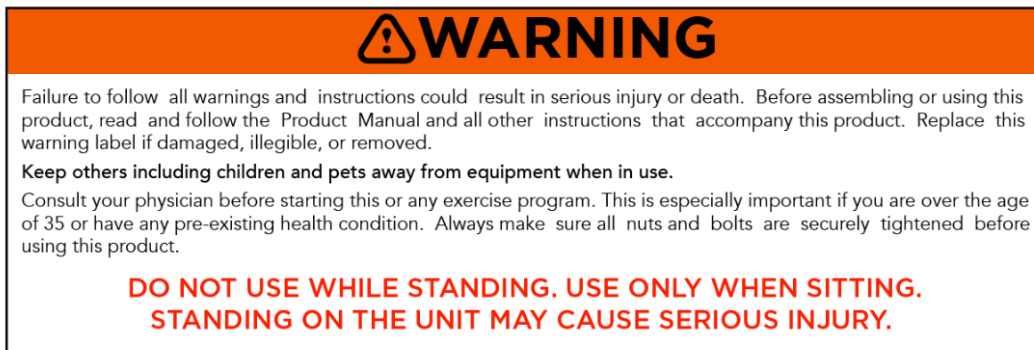
**USE ONLY WHILE SITTING.  
DO NOT STAND ON THE UNIT.**

## Equipment Warning, Caution & Notice Labels

This chart is provided to help identify the warning, caution, and notice labels on Cubii. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels

### (1) Main Warning

Label is larger than actual size



### (2) Pre-use Warning

Label is smaller than actual size

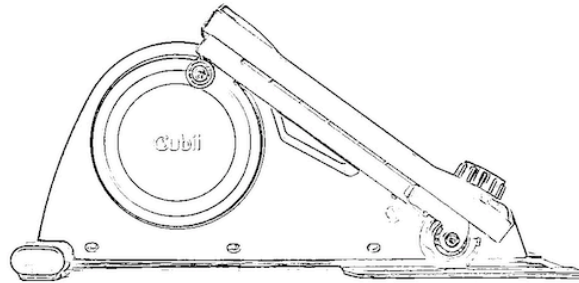


## Getting Started

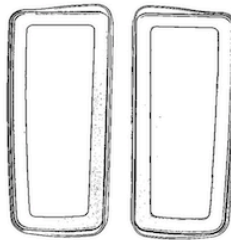
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### What's Included

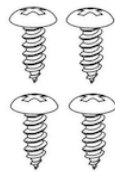
Your Cubii Jr box includes:



Cubii Seated Elliptical (x1)



Pedal (x2)



Screw (x4)



Screwdriver (x1)



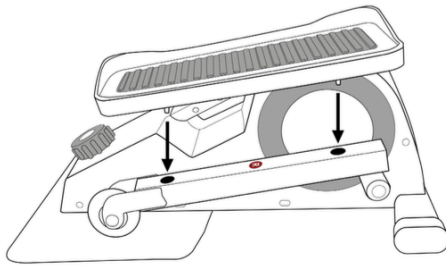
Chair Wheel Stopper (x2)

If any of the components listed above are missing in your box, or broken, please reach out to [support@mycubii.com](mailto:support@mycubii.com), and indicate which component needs replacement along with photos of breakage, if applicable.

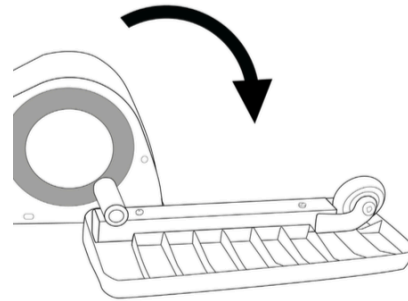
## Assembling Cubii Jr

Here's an instruction on how to assemble Cubii after you unbox. Refer to the section "What's Included" for a complete list of components. It is also recommended that you assemble Cubii with a friend, family member or colleague to help secure the pedals in place while you screw them in.

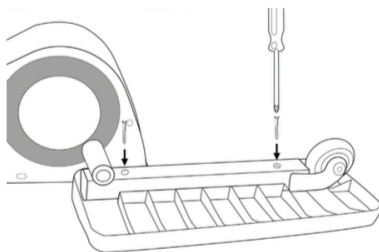
### 1. Align



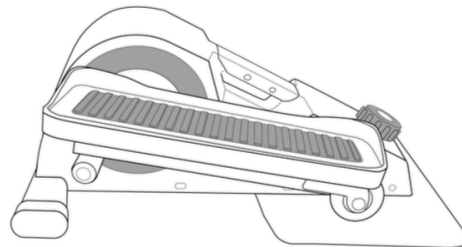
### 2. Flip



### 3. Screw



### 4. Repeat



1. Place the right pedal on top of the right shaft so that the screw holes are aligned. Refer to the diagram above
2. Keeping the pedal in position, flip it over by the hinge so the pedal is underneath the shaft and the screw holes are exposed on top.
3. Screw the pedal in by using the screwdriver. Make sure that the pedal is secured tightly to avoid noise, risk of damage, and injury.
4. Repeat steps 1-3 for the left pedal.

In case you have trouble assembling, here is a video to help you get started: [mycubii.com/tutorial](https://mycubii.com/tutorial)

## Exercising with your Cubii Jr

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### Tips for Use

- Cubii was designed for use only while sitting. Do not stand on the pedals. Cubii was not designed for use while standing. Standing on Cubii may result in serious injury.
- Before using Cubii, ensure that both pedals are on tight. Loose pedals will slowly come undone, create noise, and cause risk of damage and injury.
- Do not place Cubii in a location where it may cause an obstruction.
- If you find your knees hitting the desk, you may:
  - a. Lower your chair. This lowers your knees by several inches.
  - b. Move Cubii farther away from you to extend your legs more. Extending your legs lowers your knees.
- Sit up straight while using Cubii. This will help strengthen your core and is good for your spine.
- Keep your upper body still. Try not to rock from side to side and make sure you are pedaling with your legs and not your body.
- If are using a chair with wheels and find your chair moving when using Cubii, please refer to the below section, “Using the Chair Wheel Stopper.”

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. 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. Follow all safety instructions in this manual.

### Finding your comfort zone

Adjust the distance between Cubii and your chair for the most comfortable position. If your knees hit the desk, try sitting away from Cubii or pushing Cubii further back if space allows. If your feet do not reach the pedals at your current chair configuration, try lowering your chair, and place Cubii closer to your feet.



## Using the Chair Wheel Stopper

If you're using Cubii while sitting on a chair with wheels or castors, your chair may move. If this is happening, follow the steps below:

1. Place the provided wheel stopper under the front-most wheel on your chair. If you are using a four-legged chair with wheels, place a wheel stopper under each of the front wheels.
2. You can now resume using Cubii as you normally would.



1) 5-Wheel Chairs



2 stoppers

2) 5-Wheel Chairs



1 stopper

3) 4-Wheel Chairs



2 stoppers

## Adjusting the Resistance

1. Cubii comes with 8 levels of resistance.
2. Turn the knob clockwise to increase the resistance. The higher the number, the higher the resistance. We highly recommend you begin at Level 1 and increase the intensity as you get used to the product.



## Tracking your stats with the display monitor

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

- 1) Stride (0-9999)
- 2) Calorie (0-999.9 kcal)
- 3) Distance (0.00-999.9 miles)
- 4) Time (0:00-99:59 min:sec)
- 5) RPM (0-999 strides/min)



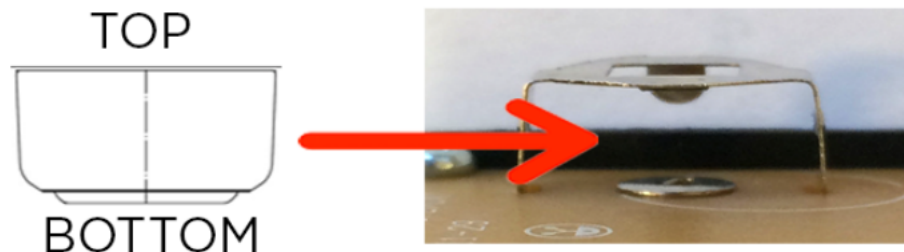
Screen turns on when the silver button is pressed or when you start pedaling. Screen turns off after 4 minutes of inactivity.

To reset stats, press the silver button for 3 seconds or replace the battery. When the stats reach maximum values, they will reset to zero.

## LCD screen battery caution & disposal

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

1. For best results, use 1.5V LR44H Alkaline Zinc-Manganese Dioxide Button Cell.
2. Install only new battery of the same type.
3. Failure to insert battery in the correct polarity may shorten the life of the battery or cause the battery to leak. Correct orientation below:



4. Do not dispose of battery in fire.
5. Battery should be recycled or disposed of as per state and local guidelines.

## Carrying Cubii

To move Cubii around, carry it by the handle at the top. For additional support, place your other hand under the base. Ask a friend, family member or colleague for help if you find it heavy. Do not carry by the pedal arms.

If you wish to carry your Cubii over long distance (e.g. home to work), please consider purchasing our Travel Case. For more information, please contact [support@mycubii.com](mailto:support@mycubii.com).



## Storage

1. To store Cubii, simply keep it in a clean dry place.
2. Cubii is approximately 24 inches long x 12.5 inches wide x 12.5 inches tall.
3. Hold the handle to move Cubii. Do not use the pedal arms to move Cubii.

## Care and Maintenance

The safety and integrity designed into Cubii can only be maintained when Cubii is regularly examined for damage and wear. Special attention should be given to the following:

1. Tighten the pedal screws regularly to ensure that the pedals are secured properly.
2. Adjust the Resistance Knob and verify that the flywheel provides tension. The flywheel should provide many years of use.
3. Verify that the Warning Label is in place and easy to read. Email Fitness Cubed Inc immediately at [support@mycubii.com](mailto:support@mycubii.com) for a replacement Warning Label if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or Cubii removed from service until repair is made. Email Fitness Cubed Inc at [support@mycubii.com](mailto:support@mycubii.com) to request replacement parts.
6. Only Fitness Cubed Inc supplied components shall be used to maintain/repair Cubii.
7. Keep your Cubii clean by wiping it off with an absorbent cloth after use.

If you have any questions, please contact [support@mycubii.com](mailto:support@mycubii.com).

## General Info and Specifications

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### Size and Weight

Length: 58.8 cm / 23.15 in  
Width: 44.6 cm / 17.56 in  
Height: 24.8 cm / 9.77 in  
Weight: 12.50 kg / 27.56 lbs

### Environmental Conditions

Operating Temperature: 24.0°C  
Non-Operating Temperature: 32.0°C

### Help

For troubleshooting and assistance for your Cubii, you can email us at [support@mycubii.com](mailto:support@mycubii.com).

### Return Policy and Warranty

Warranty information and Cubii Return Policy can be found online at <http://mycubii.com/support>

## Regulatory and Safety Notices

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### EU (European Union)

Declaration of Conformity with Regard to the EU Directive 1999/5/EC

Fitness Cubed Inc is authorized to apply the CE Mark on Cubii, Model F3A2, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC.

Compliant with the standard R&TTE 99/CE/05

Conforme à la norme R&TTE 99/CE/05

### Important Safety Instructions

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

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. 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. Follow all safety instructions in this manual.

## Disposal and Recycling Information



The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local electrical and electronic equipment waste management authority or the retailer where you bought the product.

Le symbole sur le produit ou sur son emballage signifie que ce produit à la fin de sa vie doit être recyclé séparément des déchets ménagers ordinaires. Notez que ceci est votre responsabilité d'éliminer les équipements électroniques à des centres de recyclage afin d'aider à préserver les ressources naturelles. Chaque pays de l'Union européenne a ses centres de collecte et de recyclage pour le recyclage des équipements électriques et électroniques. Pour plus d'informations ou trouver un centre de recyclage, contactez votre commune ou le magasin où vous avez acheté le produit.

- Do not dispose of Cubii with household waste.
- Batteries are not to be disposed of in municipal waste stream and require separate collection.
- Disposal of the packaging and your Cubii should be done in accordance with local regulations.

For additional information on disposal and recycling, including contact details of a distributor in your region, please visit <http://mycubii.com/support>

Pour plus amples renseignements sur le recyclage, y compris les coordonnées d'un distributeur dans votre region, visitez <http://mycubii.com/support>

