



## CONTACT

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[support@mycubii.com](mailto:support@mycubii.com)

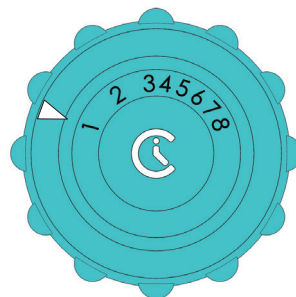
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# Using Your Cubii JR2

Follow the guidelines below to enhance your experience

## ADJUSTING THE RESISTANCE

Cubii JR2 comes with 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.



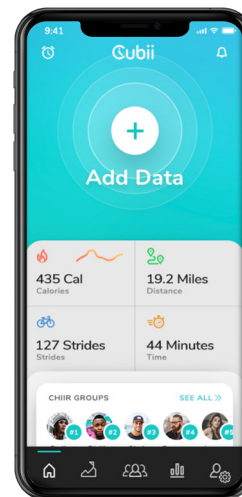
## GETTING YOUR GROOVE

You can use your Cubii JR2 in short intervals throughout the day, or you can use it for long periods of time. We recommend that you begin with a five minute session, see how your body feels afterwards, and increase your session length gradually over time. You can also go forwards or backwards on the Cubii JR2 to work different muscle groups.

## DOWNLOAD THE CUBII APP

Available for free where you download mobile applications.

- **Personalize your profile and workout goals**
- **Track activity and see your progress**
- **Socialize in our one-of-a-kind Cubii Communitii™**
- **Create or participate in group leaderboards**
- **And much more!**



**Please Note:** Cubii JR2 is only to be used while sitting. Do not stand on the unit. Consult your physician before starting this or any exercise program.

## TRACKING YOUR WORKOUT

You can track your workout using the LCD screen.

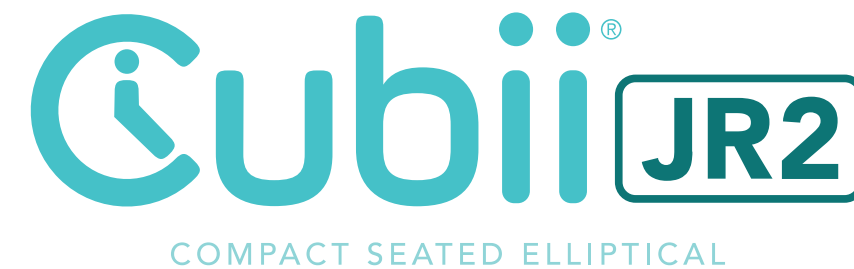
It tracks the below stats:

1. **Stride (0-9999)**
2. **Calorie (0-999.9 kcal)**
3. **Distance (0-999.9 mi or km)**
4. **Time (0:00-99:59 hour:min)**
5. **RPM (0-999 strides/min)**



## DISPLAY MONITOR SETTINGS

- 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 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.



## Quick Start Guide



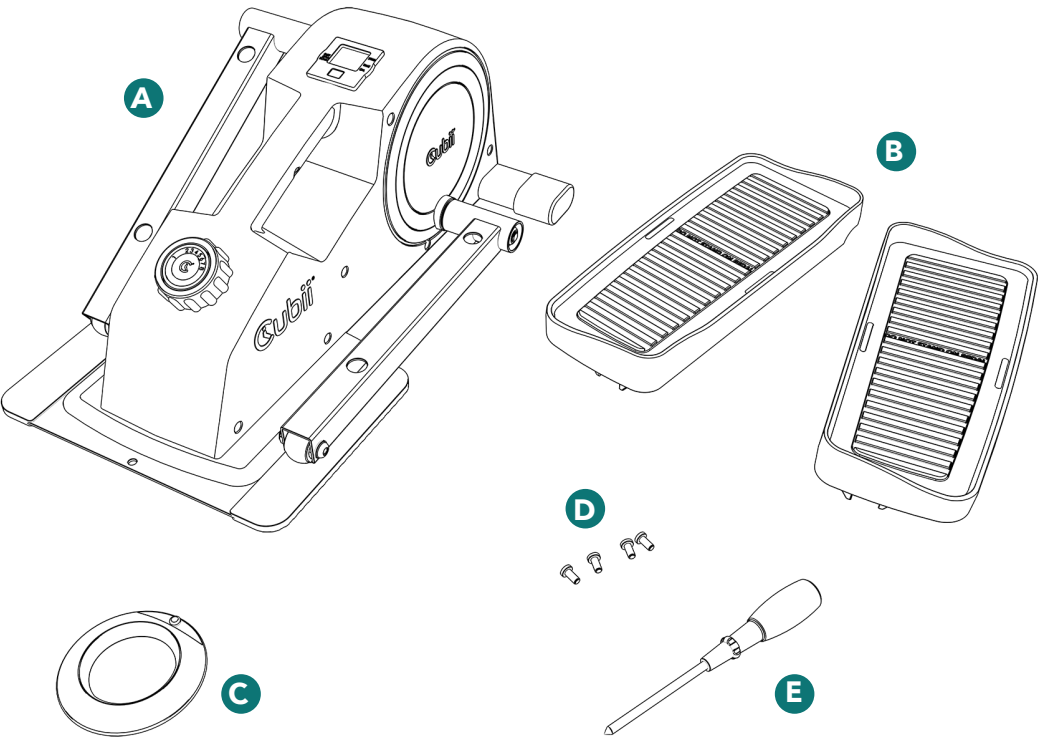
Final detailed product manual, assembly demo, and warranty details at [cubii.com/help](https://cubii.com/help)

# Assembly Guide

## Cubii JR2 Compact Elliptical

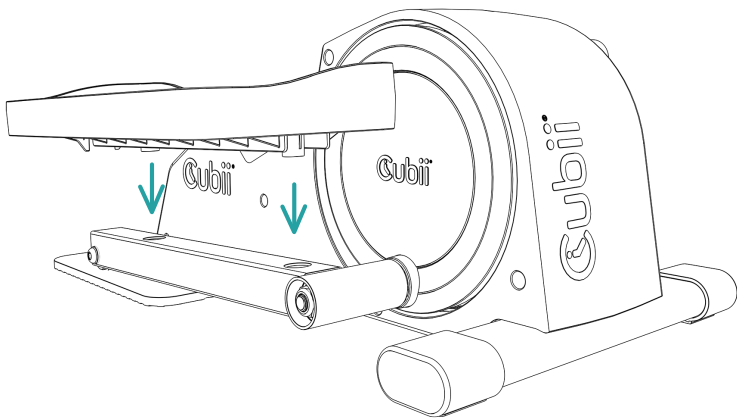
Remove all of the components from the Cubii JR2 box.  
Included you should find:

- A CUBII JR2 UNIT BODY**
- B LEFT AND RIGHT PEDALS**
- C WHEEL CUP STOPPER**
- D SCREWS (X4)**
- E SCREWDRIVER**



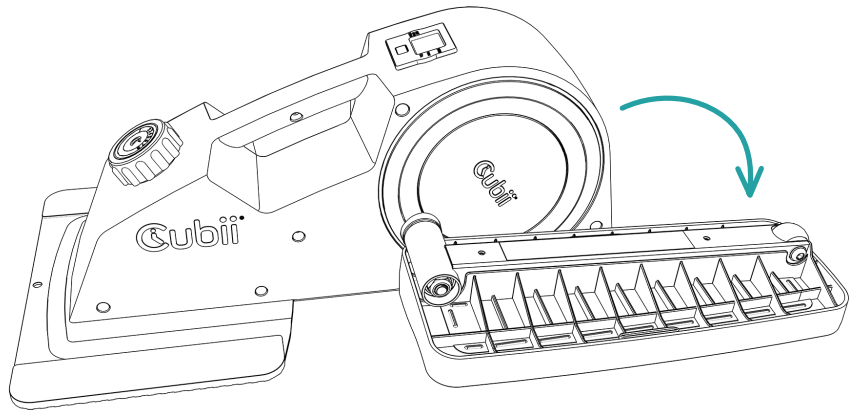
### STEP 1 – ALIGN

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



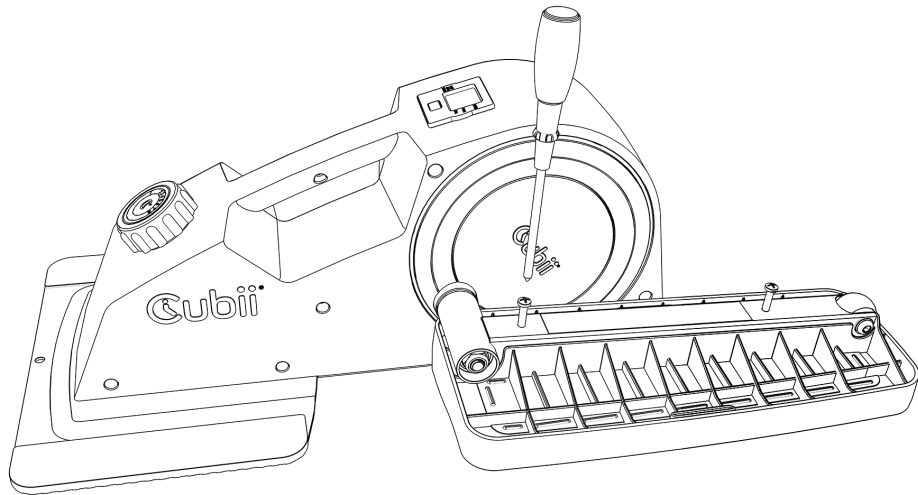
### STEP 2 – FLIP

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



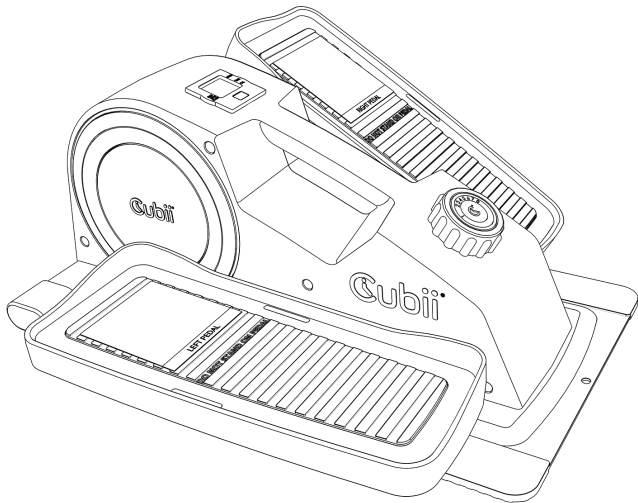
### STEP 3 – SCREW

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.



# Find Your Comfort Zone

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.

## SECURING YOUR CHAIR

If you're using Cubii JR2 while sitting in a chair with wheels or casters, 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.

