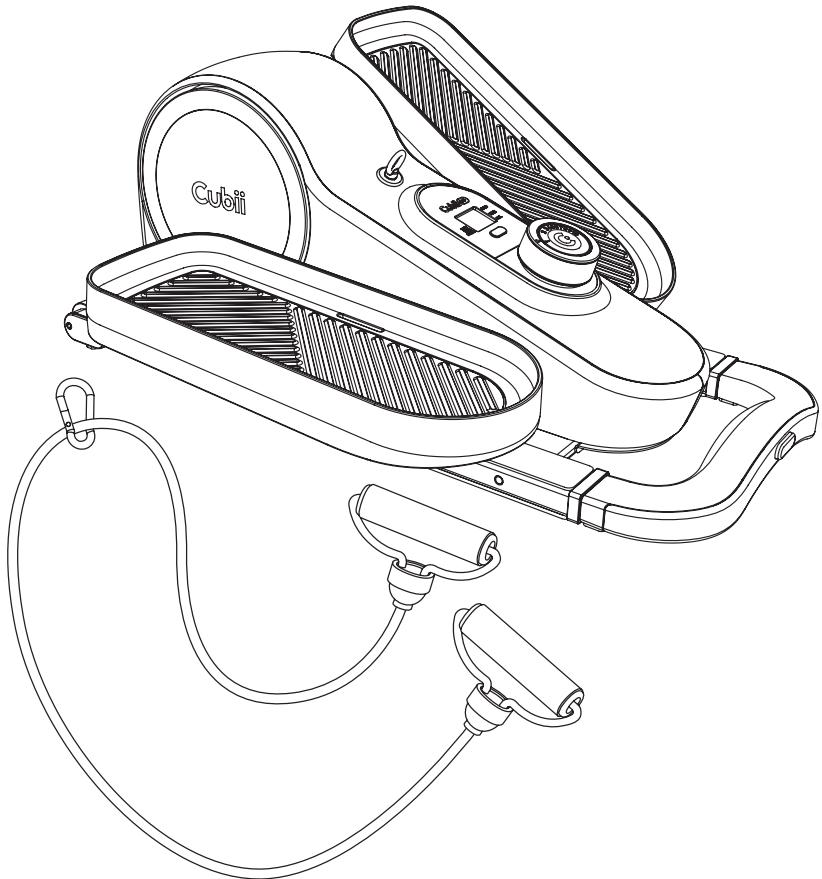


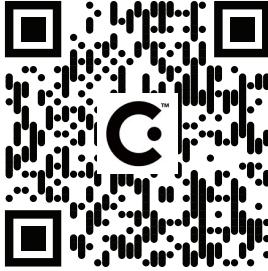
Cubii® Go™

+ RESISTANCE HANDLES

COMPACT SEATED ELLIPTICAL

Owner's Manual





Additional product information can be found online

Weitere Produkt informationen 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

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 Go 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 Go 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:

support@mycubii.com

cubii.com/help

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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.

 This is the safety alert symbol. It is used to alert you to important safety information. To avoid accidents and personal injury, read and obey all safety messages that follow this symbol.

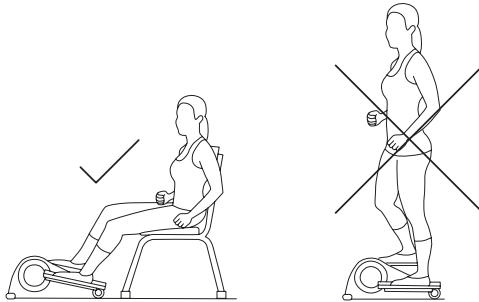
 **WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using Cubii Go.

 Read all warnings and cautions provided for the Cubii Go unit. (there are warnings on the unit as well)

- Cubii Go should only be used after a thorough review of the Owner's Manual.
- We recommend that two people are available for assembly of this product.
- Do not allow children to use or play on Cubii Go. Keep children and pets away from Cubii Go when it is in use.
- Set up and operate Cubii Go on a solid, level surface. Do not position Cubii Go on loose rugs or uneven surfaces.
- Make sure that adequate space is available for access to and around Cubii Go.

I. Before You Begin

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



- Before using, inspect Cubii Go for worn or loose components. Securely tighten or replace any worn or loose components prior to use.
- Do not wear loose or dangling clothing while using Cubii Go.
- Wear sturdy, closed-toed shoes when using any Cubii elliptical.
- Follow your physician's recommendations in developing your own personal fitness program.
- 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.
- Be careful to maintain your balance on your chair when starting and stopping your workout, and assembling the Cubii Go; loss of balance may result in a fall and serious bodily injury.
- Keep both feet firmly and securely on the pedals while exercising.
- Maximum recommended user weight is 300 pounds (136 kg). Never stand on the pedals, no matter your weight.
- Cubii Go should be used by only one person at a time.



Before each use of elastic resistance products, follow these instructions:

- Elastic resistance products should be used for their intended use only. They can cause serious injury when not used properly. Carefully follow instructions provided by your healthcare provider. Elastic resistance products can strike your body or cause you to fall if instructions are not followed.
- Exercise tips provided are guidelines only. They do not replace instructions your healthcare provider gives you.
- Inspect the product for damage before and after each use. Check for any damage where the product may have been tied or attached to an anchoring point. Do not use if torn, punctured or nicked. Discard damaged product.
- Avoid sharp objects such as jewelry, rings, fingernails, objects on the floor, or under your shoe that may puncture or tear the resistance product.
- Discard product if nicks, tears or punctures are found.
- Only use elastic resistance products in an open area where you can move freely. Avoid areas with tripping or interference hazards.
- Before starting each exercise, be sure the product is securely attached to the base unit.
- **Wear eye protection.**
- Before starting each exercise, be sure the product handles are securely gripped within your hands
- Never use this product to lift a person, or any other object, above the ground.
- Do not use this product with any unauthorized equipment or attachments.
- If attaching product, ensure it is securely anchored to a sturdy object.
- Always observe the attachment point throughout the exercise. Any resistance product can break or slip from its anchoring point during use. It may strike your body or cause you to fall.
- Do not let go of the elastic resistance product if it is under tension.
- **Do not allow the resistance product to snap back.**
- Do not over-stretch the product (more than 1.5 times its length at rest).
- Perform all exercises in a slow, controlled manner. At no time should you feel "out of control." Take control of the product rather than letting it control you. **Do not allow the product to snap back.**
- With standing exercises, body alignment is critical. Maintain your balance at all times.

I. Before You Begin

- As with any exercise program, muscle soreness may be experienced over the first few days. If pain persists more than four days, consult your Health Care Professional.
- Breathe evenly while performing these exercises. Exhale during the more difficult phase of the repetition and do not hold your breath at any time.
- Stop exercising if you have dizziness, trouble breathing, increased pain or begin to feel sick. Contact your healthcare provider immediately.
- Do not exercise while experiencing pain.
- Do not connect the tubing to anything but the Cubii eye bolt.
- This product is not a toy.
-  Discard if elastic resistance product is damaged
- Detach from any accessories or anchoring points after each use.
- To clean, use mild soap and warm water, pat dry.
- Store in a cool, dry place, out of direct sunlight, and avoid extreme temperatures.

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

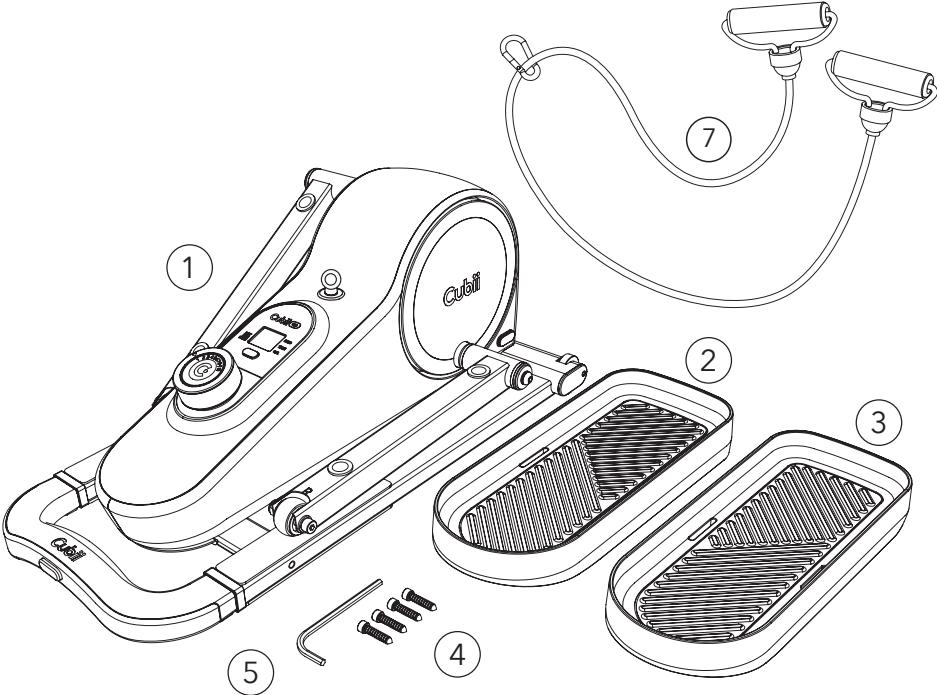
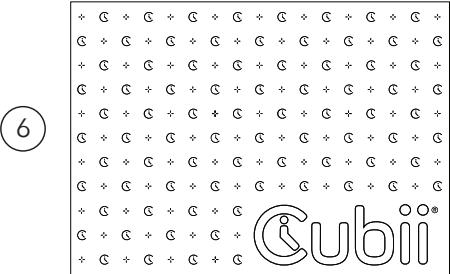
Product Size and Weight

The assembled Cubii Go measures:
23.6" x 17.3" x 9.5" (59.9cm x 43.9cm x 24.1cm).

The weight of the unit is approximately 22.3lb (10.1kg).

What's in the Box

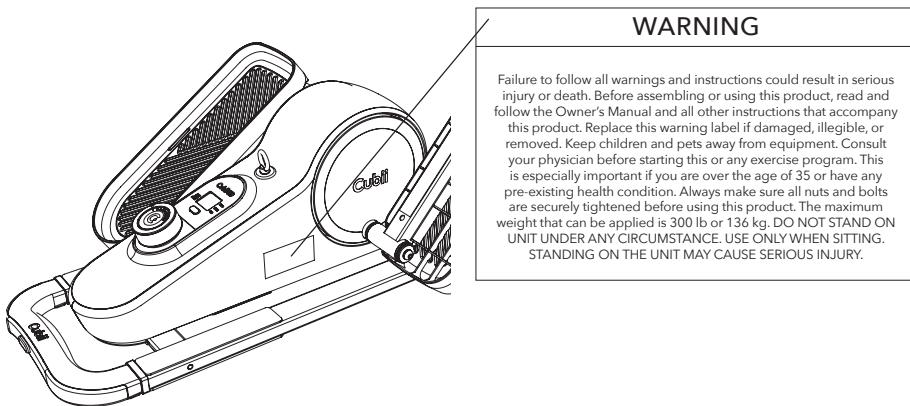
- 1. Go Main Body
- 2. Left Pedal
- 3. Right Pedal
- 4. Screws (x4)
- 5. Allen Key
- 6. Cubii Floor Mat
- 7. Tubing with handles



II. Getting Started

Warning Labels

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

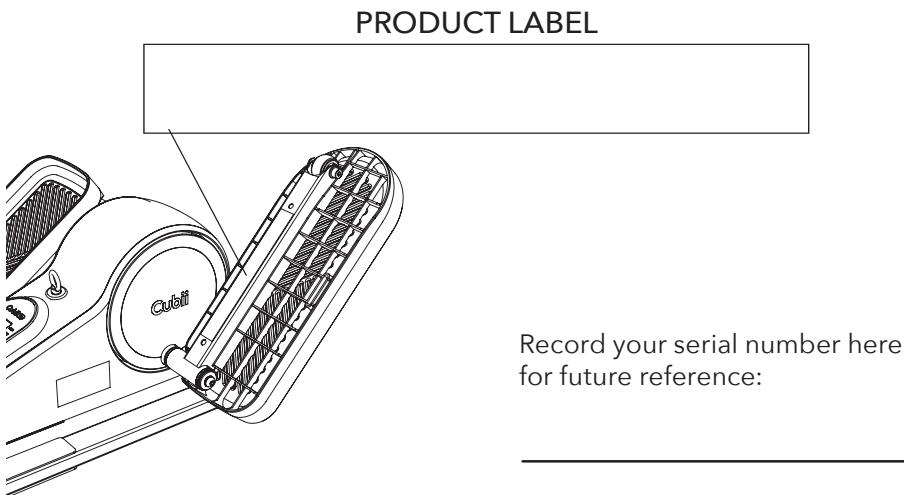


WARNING

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 Go product label and the content panel of the box.



PRODUCT LABEL

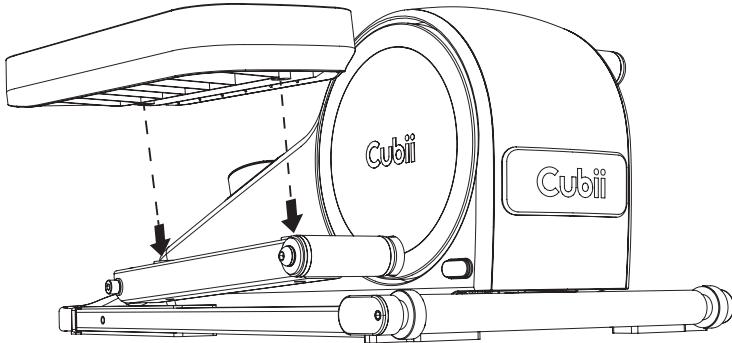
Record your serial number here
for future reference:

ASSEMBLING YOUR UNIT

Follow the steps below to assemble your Cubii Go compact elliptical.

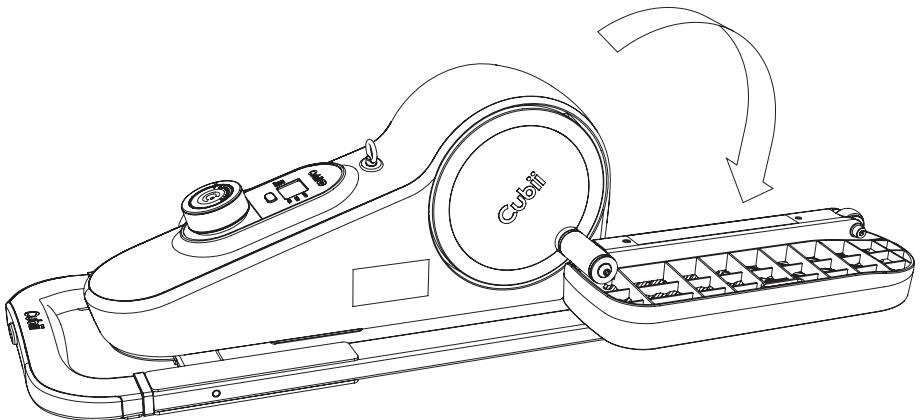
Step 1 – Align

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



Step 2 – Flip

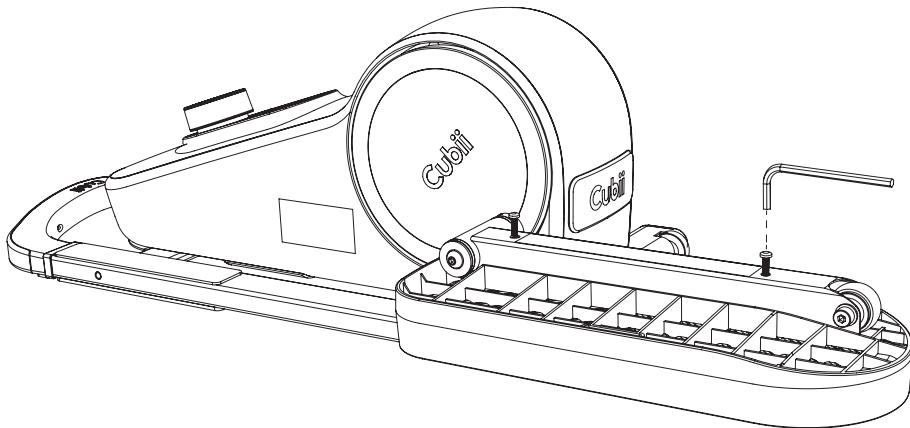
For maximum support, make sure you flip the pedal you are assembling so it is at the bottom and close to the base.



III. Assembling Your Unit

Step 3 – Screw

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

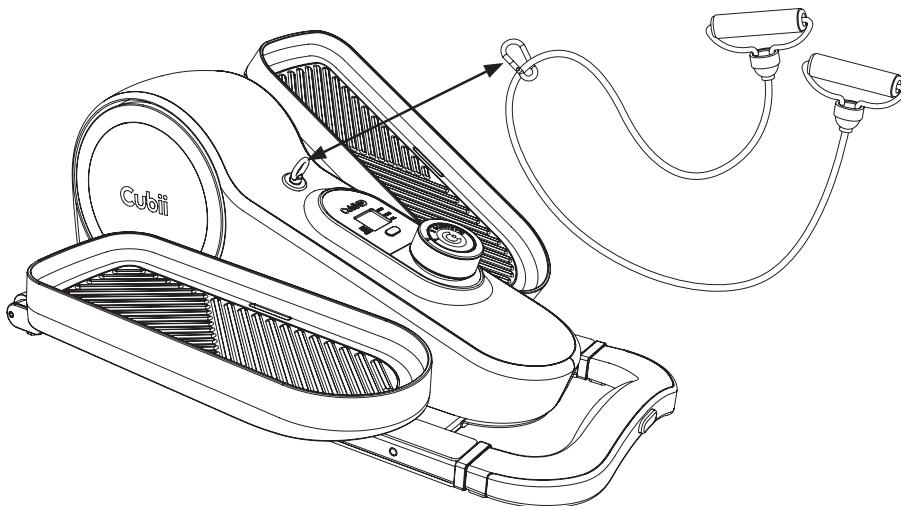


Step 4 – Repeat

Repeat steps 1-3 with the left pedal.

Step 5 – Connect

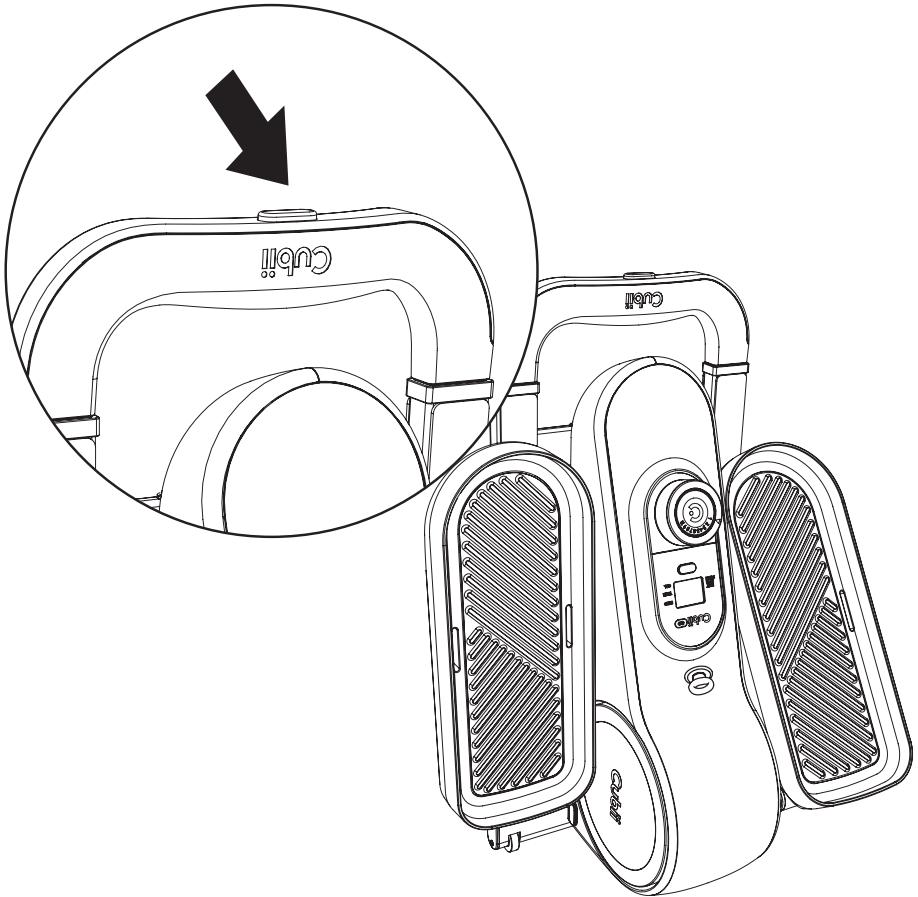
Connect tubing clip to eye bolt, you are now ready to begin!



HANDLE OPERATION

Step 1 – Push

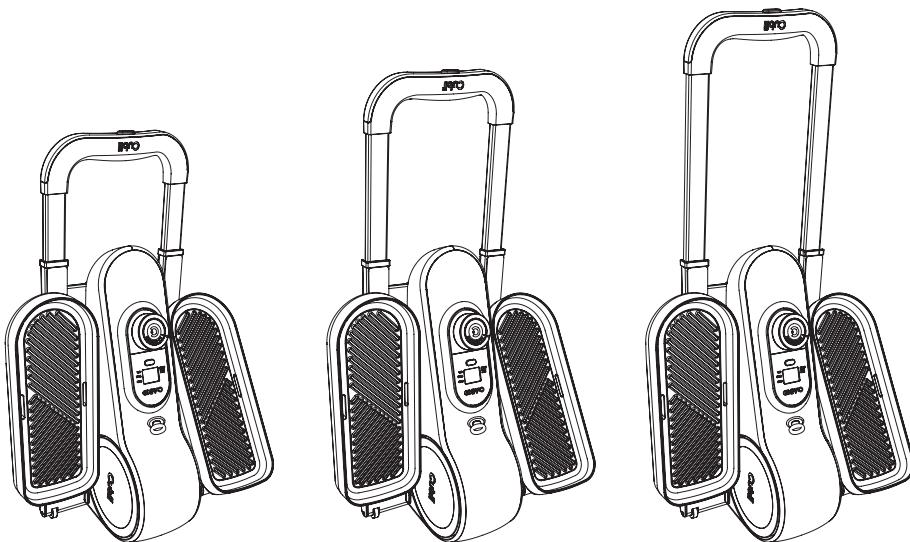
Push the button on the top of the handle to unlock the mechanism.



IV. Handle Operation

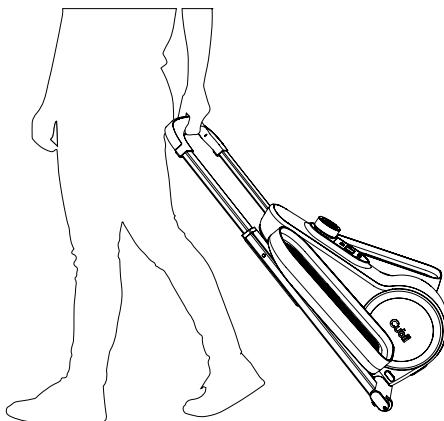
Step 2 – Pull

Pull the handle out to the desired length most comfortable for your height.



Step 3 – Roll

Tilt the Cubii Go until the wheels engage and roll it to its new location.



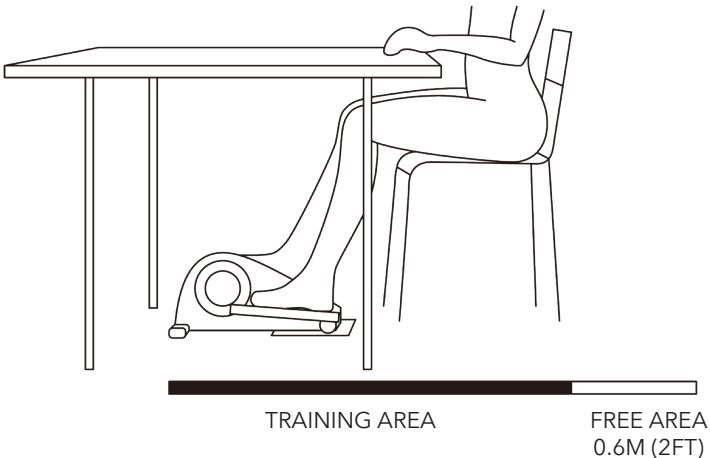
USING YOUR CUBII GO

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

Positioning

The Cubii Go 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.

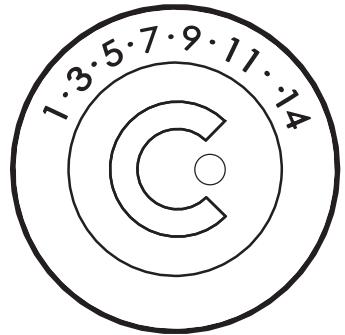
- Cubii Go occupies a floor area of 23.6" x 17.3" (59.9cm x 43.9cm). Please leave a clear zone behind the training area that is at least 24" (60 cm). This zone must be clear of any obstruction and provide the user a clear exit path.
- Find the seat configuration that suits you most. If you feel there is not enough room between your knees and the desk, push your Cubii Go away from you and lower the chair height. Keep your back straight, and do not slouch.



V. Using Your Cubii Go

Adjusting the Resistance

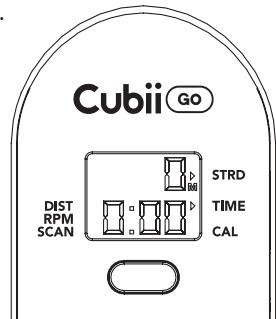
Cubii Go has 14 resistance levels. Adjust your workout intensity by turning the resistance control knob. Level 1 is the lowest intensity and level 14 is the highest. We recommend you begin at Level 1 and increase the intensity gradually over time.



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 button to switch between stats. Select scan to alternate automatically.
- Screen turns on when the button is pressed or when you start pedaling. Screen turns off after 4 minutes of inactivity.
- To reset stats, press and hold the 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 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

Return Policy and Warranty

To register for your Cubii elliptical warranty, visit:
cubii.com/register

For more information about our warranty and return policy, visit:
cubii.com/warranty.

Troubleshooting

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

LCD Screen Battery Caution & Disposal

⚠ WARNING	
<ul style="list-style-type: none"> • INGESTION HAZARD: This product contains a button cell or coin battery. • DEATH or serious injury can occur if ingested. • A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours. • KEEP new and used batteries OUT OF REACH of CHILDREN. • Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body. 	



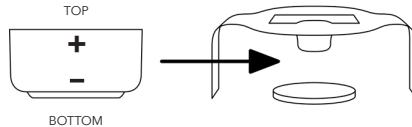
Warning: contains coin battery

To replace battery, gently remove the screen from the housing to access the back panel. Gently unscrew the fastener to gain access to the battery housing. Carefully reattach the battery cover with the two screws. Press down on the top of the screen until you hear it click. The screen is now secure in the unit.

VI. General Information

- For best results, use 1.5V LR44H 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.
- For assistance with replacing the battery, please email us at support@mycubii.com.

Correct Orientation Below



- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
- Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

Care and Maintenance

The safety and integrity designed into Cubii Go can only be maintained when Cubii Go 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.
- Worn or damaged components shall be replaced immediately or Cubii Go shall be 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 Go.
- Make sure crank arm fastener screws are tightly secured or else pedals could come unscrewed from unit and create noise. Causing risk of damage and injury.
- Elastic resistance tubing with handles can be cleaned with a mild soap and warm water, pat dry.
- Store elastic resistance tubing with handles in a cool, dry place, out of direct sunlight, and avoid extreme temperatures.

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:

VI. General Information

- Cubii Go 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 Go are tight before use. Loose pedals will slowly come undone, create noise, and cause risk of damage and injury.
- Do not subject Cubii Go to heavy shock or treat it with excessive force. Do not attempt to disassemble or modify it.
- Use Cubii Go indoors on a level surface. Keep it away from moisture and dust.
- Do not expose Cubii Go to extremely high or low temperatures. Do not leave Cubii Go in direct sunlight for an extended period of time.
- Do not place Cubii Go in a location where it may cause an obstruction.
- Do not use cleaners or solvents to clean Cubii Go.
- Do not use any lubricants. They can damage the unit.
- Make sure base screws are tightly secured.
- Make sure pedal tubes are tightly secured to the crank arms.
- Inspect elastic resistance tubing with handles for damage before and after each use. Check for any damage where the product may have been tied or attached to an anchoring point. Do not use if torn, punctured or nicked. Discard damaged product.
- Wear eye protection when using elastic resistance tubing with handles.

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.
- 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 restriction.

CAN ICES-003 (B) / NMB-003 (B)

This device contains license-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's license-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- 1) L'appareil ne doit pas produire de brouillage;
- 2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement



Model No: F3A5

Net Weight: 22.3lb (10.1kg)

Gross Weight: 29.5lb (13.4kg)

Product Size: 23.6" x 17.3" x 9.5" (59.9cm x 43.9cm x 24.1cm)

Packaged Size: 26" x 12.8" x 12.8" (66cm x 32.5cm x 32.5cm)

Maximum Bearing Weight: 300lbs. (136.08kg)

Durability Class: HC

Designed in Chicago, IL

320W.Ohio St.Suite 700 Chicago, IL60654

Made in China





Customer Support
support@mycubii.com
cubii.com/help