



# UE8 Upper Body Ergometer Quick Start Guide

## 1 Attach Power Source

The UE8 requires power to operate. Use AC adapter provided with unit.

- Plug adapter into front or rear jack.
- Plug power cord into electrical outlet.



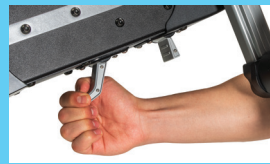
front jack



rear jack

## 2 Adjust Positions (for seated, standing or wheelchair access)

- Pull rear lever toward you to unlock.
- Swivel drivetrain to desired position.
- Release lever to lock in position.



swivel drivetrain lever



seated, standing or wheelchair access

## 3 Adjust Arm Height

- Pull front lever toward you to unlock.
- Move arm up or down.
- Release lever to lock in position.



arm height adjustment lever

## 4 Operate Swivel Seat (for seated workouts)

To support easy access for seated workouts:

- Lift rear release lever to unlock.
- Swivel seat in either direction (locks every 45°).
- Release lever to lock seat in position.



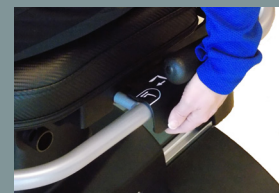
## 5 Adjust Seat Distance (for seated workouts)

- Lift front release lever to unlock.
- Slide seat forward or backward.
- Release lever to lock seat in position.



## 6 Adjust Seat Recline (for seated workouts)

- Lift black lever on left side of seat.
- Push on seat back to recline (up to 12°).
- Release lever to lock seat in position.



NOTE: For information about correct exercise positions, please refer to the UE8 user manual.

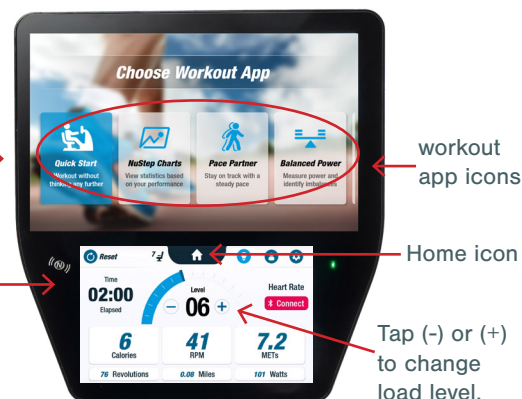
## Using the UE8

- 1 Tap the screen or start cycling arms.**  
The UE8 “wakes up” and displays two screens, *Home* and *Metric*:

**Home screen** – displays icons for workout apps and the app screens once they’re launched.

**Metric screen** – displays settings and performance metrics including load level (1-15), calories burned, RPM (revolutions per minute) and more.

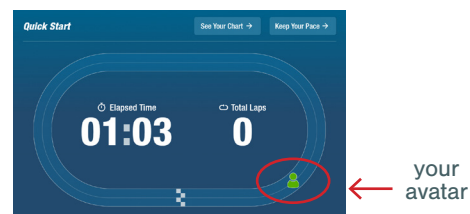
### UE8 Display Console



- 2 Choose a workout app.**  
Tap an app icon, for example, **Quick Start** to launch the program.  
*NOTE: Quick Start is a “get on and go” app, i.e., no need set goals or change load level.*



- 3 “Starting cycling!”**  
Watch your progress as your avatar (green figure) does laps around the track.




### Quick Tip

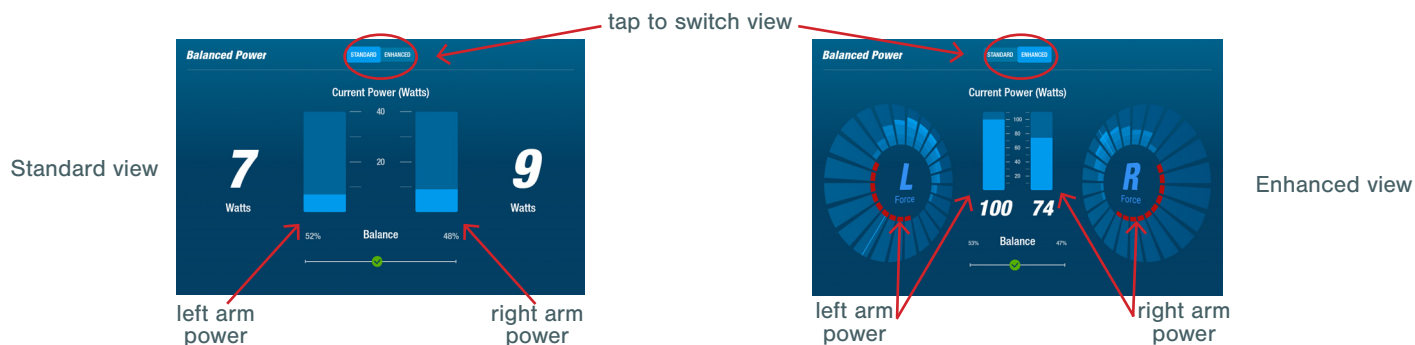
To quit an app and return to the Home screen: Tap the home icon  on the display console.

## Explore Another App

### Balanced Power

Measures the individual power output (Watts) of each arm and identifies their relative balance in real time and over the course of the exercise session. To launch, tap the *Balanced Power* icon  from the *Home* screen.

Power output is displayed in two views, *Standard* and *Enhanced*.



 For more information about using the UE8, please refer to the UE8 User Manual.

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