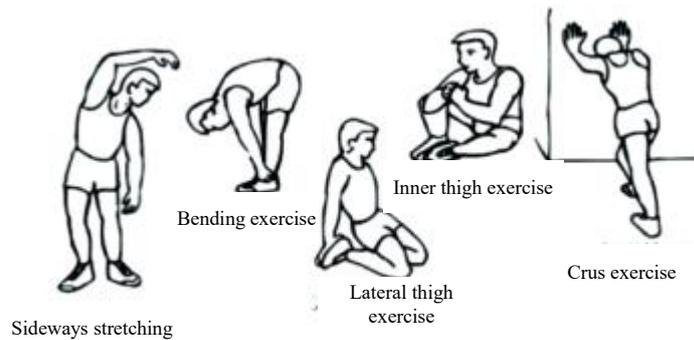


Training Instructions

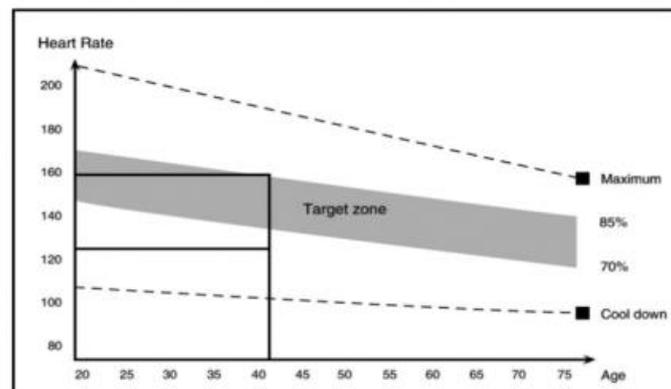
By using this product, you can not only strengthen your body constitution and exercise your muscles, but also lose weight through reasonable diet collocation.

Warm-up before training Warm-ups boost your blood circulation and make your muscles reach a better state of training, while reducing the risk of cramp or muscle strain during training. Before training, do warm-ups according to the following instructions. Every stretching exercise shall be taken for about 30s. Be sure not to do strenuous stretching exercises to avoid muscle injury. In case of muscle injury, stop exercising immediately.



Training stage

This is a formal training stage. The long-term and regular exercise could improve the flexibility of leg muscles. The key is to do exercises with a stable training intensity according to your personal condition. Be sure to choose an appropriate training intensity to control your heart rate within the target range shown in the figure below.

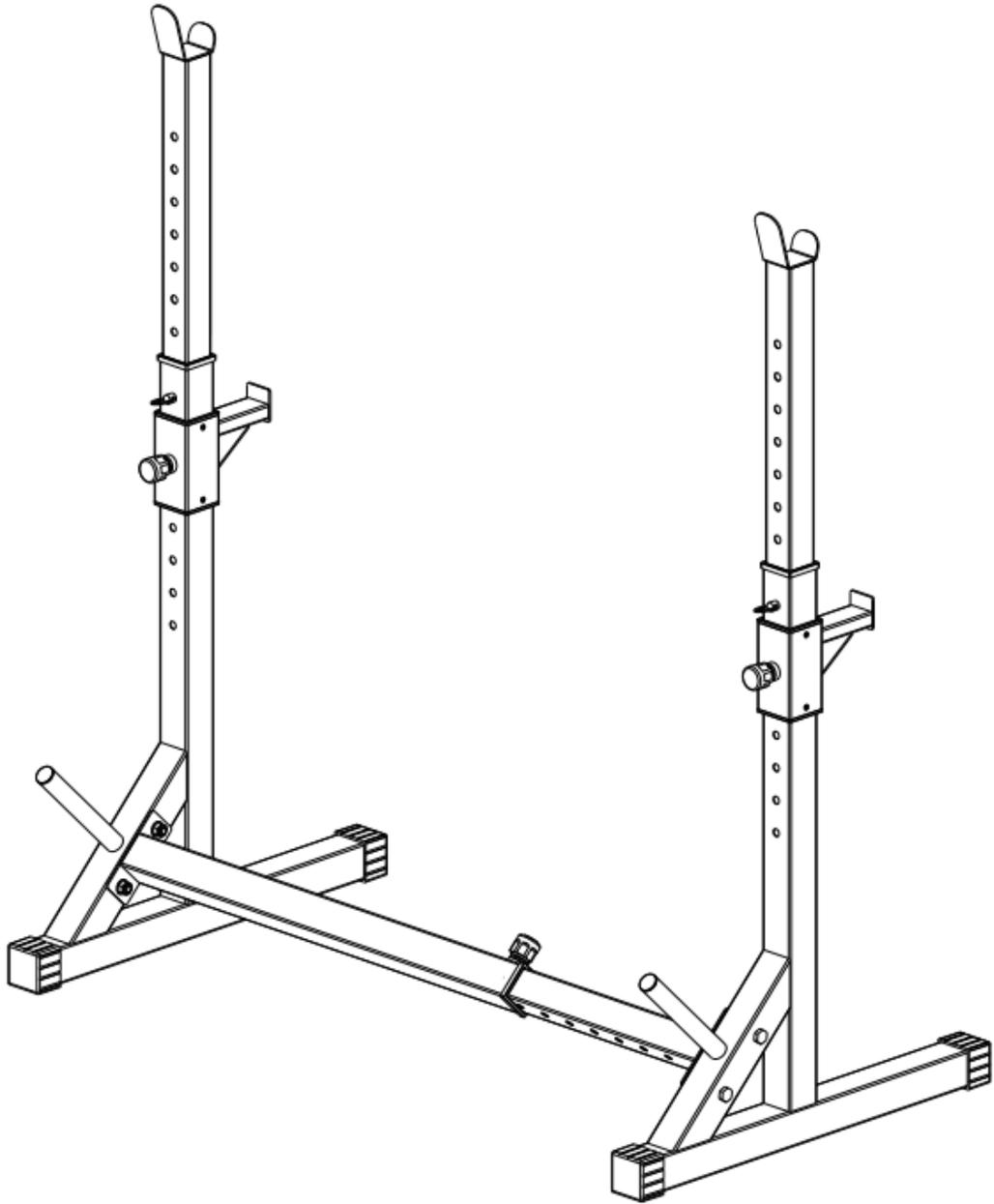


Keep training for at least 12min with your heart rate controlled within the target range, and most people keep training for 15-20min at the beginning.

Cool-down after training

In this stage, repeat all the exercises done in the warm-up stage, while the range and speed of movement can be appropriately reduced, which takes about 5min. Through exercises, the body heat is adjusted to relax the muscles. Strenuous stretching activities are not recommended, as they may cause muscle injury.

After adapting to the exercise, you may gradually increase the duration and intensity of training, and the training frequency of three times every week is recommended. If possible, you should record the average training level every week.



Installation and Operation Manual



INSTALL AND OPERATE THE PRODUCT ONLY AFTER CAREFULLY READING ALL
CONTENTS OF THE MANUAL, AND PROPERLY KEEP THIS MANUAL

Important Safety Knowledge

Please properly keep this manual for future reference.

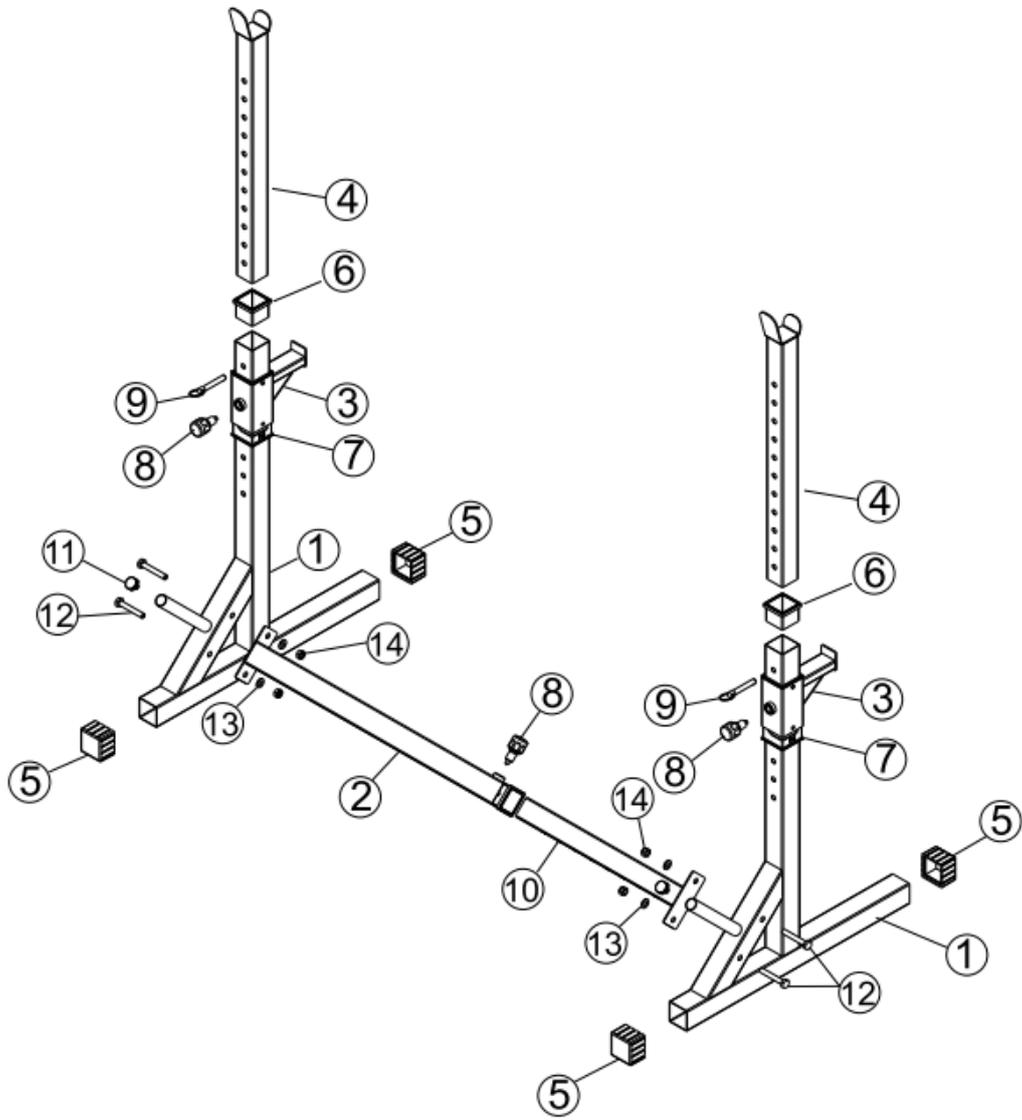
Precautions Although safety precautions have been taken into account as far as possible in the design and manufacturing of this fitness equipment, there are still some safety precautions to be followed during operation. Before assembling and using this fitness equipment, please carefully read the manual, especially the following safety precautions:

1. Keep children and pets away from the fitness equipment, and never leave unattended children alone in the room where the equipment is stored.
2. One person use only.
3. Stop using in case of dizziness, nausea, chest distress and other discomforts, and visit your physician immediately.
4. Place the fitness equipment on a clean and smooth ground, and do not use it near water or outdoors.
5. Keep your hands away from any driving parts during operation.
6. You are recommended to wear appropriate clothes (loose clothes and other clothes that are easily stuck during training are prohibited) when operating the fitness equipment, and also to wear sports shoes or healthcare shoes.
7. Follow the training methods prescribed in the manual when using the fitness equipment, and do not adopt other training methods not mentioned in the manual.
8. Do not place any sharp objects around the fitness equipment.
9. No disabled person is allowed to operate the fitness equipment without the supervision of training partners or caregivers.
10. Warm up by stretching before training.
11. Do not operate the fitness equipment in case of any functional abnormalities.
12. Make a good training record.
13. The general safety requirement for the product is GB17498.1-2008/GB17498.4-2008.
14. This product is for family use only, and operator shall be weighted below 100KG.
15. In case of any problems encountered in installing or operating the product, or needing assistance, please call our customer service hotline at:

Warning:

Consult your physician before training, especially for the operator above 35 years old or with disease history. Be sure to carefully read the instructions before operating any fitness equipment. For any injuries caused by personal reasons, DDS will bear no responsibilities.

Product Detail



Detail List

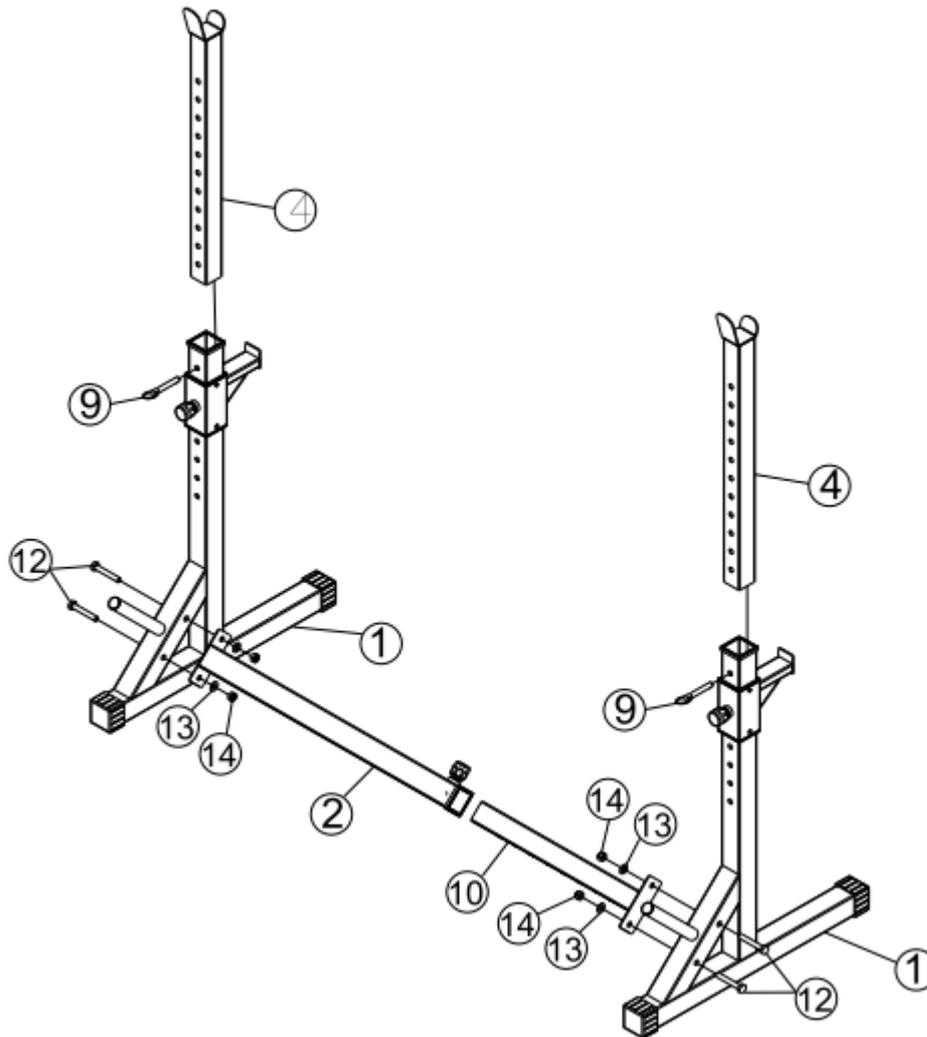
No.	Description	Quantity
1	Main supporting bracket	2
2	Main adjusting bracket	1
3	Upper and lower adjusting bracket	2
4	Adjusting bracket	1
5	50 threaded tube end for square tube	4
6	50-turn 45 bushing	2
7	60-turn 50 bushing	4
8	Elastic pull pin	2
9	Pull-ring bolt	2
10	Adjusting bracket	1
11	25 flat pipe plug	2
12	Hex head cap screw (M10*65)	4
13	Flat gasket (ϕ 10)	4
14	Nylon nut (M10)	4

Assembly Instructions

Tools required for assembling:

Two 13-17 open-end wrenches

Remarks: to avoid injury, two or more persons are required for assembling the equipment.



Step 1

- A) Connect Item 2 and Item 1 as shown in the figure, and fix them with the bolt (Item 12), flat gasket (Item 13) and nut (Item 14);
- B) Connect Item 10 and Item 1 as shown in the figure, and fix them with the bolt (Item 12), flat gasket (Item 13) and nut (Item 14); insert the other end of Item 10 into Item 2;
- B) Insert Item 4 into Item 1 as shown in the figure, adjust the height as required, and then fix Item 4 with Item 9;
- C) Tighten all screws with the wrench after they are connected.