

Installation and operation manual



Please read the instructions carefully before installing and using this product
All instructions and keep this manual properly

Important safety knowledge

Please keep the manual properly for future reference.

Precautions

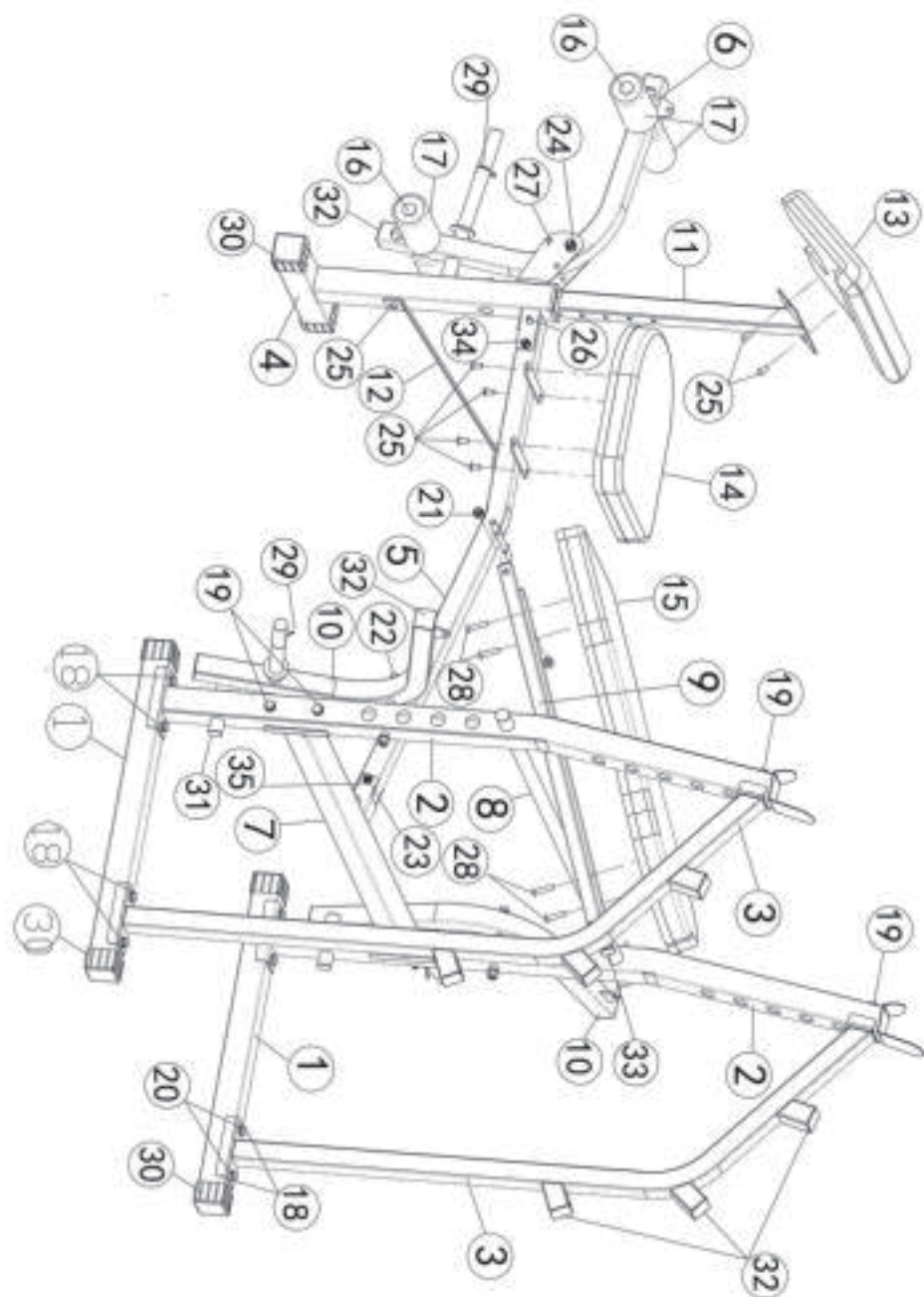
Although safety precautions have been taken into consideration in the design and manufacture of the training equipment, there are still some safety precautions to be observed in the operation process. Please read the operation manual carefully before assembling and using the training equipment, especially the following safety precautions:

1. Keep children and pets away from the training equipment, and do not let unattended children stay alone in the room where the training equipment is placed.
2. Only one person is allowed to use the training equipment at the same time.
3. If the user feels headache, nausea, chest pain or other discomfort symptoms, stop using immediately and see a doctor immediately.
4. The training equipment should be placed on a clean and flat surface, and it should not be used near the water source or outdoors.
5. Do not use hands close to any transmission parts.
6. When using the training equipment for training, the clothes should be suitable for training, and should not wear wide or other kinds of clothes that may be stuck in the training process. It is also recommended to wear sports shoes or health shoes during the training.
7. In the process of using the training equipment, the training can only be carried out according to the operation instructions, and it is forbidden to use the training methods not mentioned in the operation instructions.
8. Avoid placing any sharp objects around the training equipment.
9. Any disabled person is not allowed to use the training equipment without the supervision of accompanying personnel or caregivers.
10. Before training, you usually warm up by doing various stretching exercises.
11. If the training equipment has abnormal function, it is forbidden to use it.
Training records should be made at any time during training.
13. The general safety requirements of the product are: gb17498.1-2008 / gb17498.4-2008
14. This product is only suitable for family use. The weight of the trainer should not exceed 100kg.
15. If you encounter any problems or need our assistance during installation or use, please call our customer service hotline

Warning:

Consult a doctor before training. This is especially important for users over 35 years old or with medical records. Before using any fitness equipment, you must carefully read all the instructions for use and operation. The company will not be responsible for any injury caused by its own reasons.

Product details



Detailed list

| NO | Name and specification | Number |
|----|----------------------------------|--------|
| 1 | Bottom pipe support | 2 |
| 2 | Column frame | 2 |
| 3 | Squat pipe rack | 2 |
| 4 | Front bracket | 1 |
| 5 | Cushion frame | 1 |
| 6 | Kicker | 1 |
| 7 | Rear crossbar | 1 |
| 8 | Adjusting lever | 1 |
| 9 | Back tube | 2 |
| 10 | Butterfly arm | 2 |
| 11 | Supporting plate adjusting frame | 1 |
| 12 | Main frame support plate | 1 |
| 13 | Pallet pad | 1 |
| 14 | Cushion plate | 1 |
| 15 | Backing plate | 1 |
| 16 | Foam tube | 2 |
| 17 | Foam | 4 |
| 18 | Outer hexagon bolt (M10 * 25) | 8 |
| 19 | Outer hexagon bolt (M10 * 70) | 8 |
| 20 | Flat gasket (Φ 10) | 28 |
| 21 | Nut (M10) | 13 |
| 22 | Outer hexagon bolt (M10 * 130) | 2 |
| 23 | Outer hexagon bolt (M8 * 60) | 2 |
| 24 | Outer hexagon bolt (M10 * 80) | 1 |
| 25 | Hexagon socket bolt (M8 * 25) | 8 |
| 26 | Pull ring pin Φ 10 * 60 | 2 |
| 27 | Pull ring pin Φ 10 * 75 | 1 |
| 28 | Hexagon socket bolt (M8 * 40) | 4 |
| 29 | 25 pipe clamp spring | 3 |
| 30 | 50 square pin cover | 6 |
| 31 | 25 square inner pipe plug | 18 |
| 32 | 40 square inner pipe plug | 12 |
| 33 | 25 square inner pipe plug | 4 |
| 34 | Nut (M8) | 2 |
| 35 | Flat gasket (Φ 8) | 2 |
| 36 | knob | 1 |

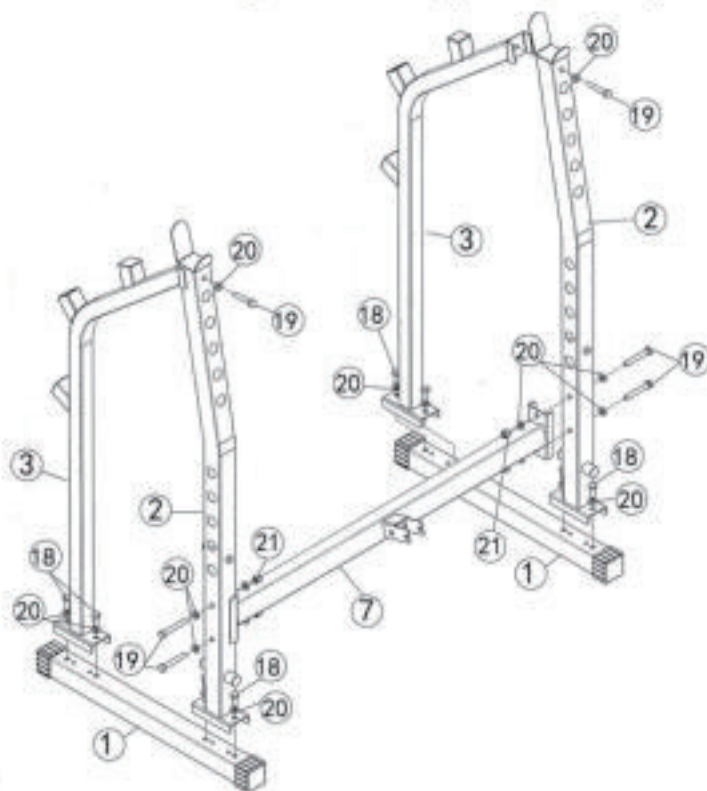
Installation instructions

Tools used during assembly:

Two 13-17 open-end spanners, one 5-inch hexagon wrench and one 6 # hexagon wrench.

Note: in the process of assembly, it is better to have two or more

Personnel shall assemble together to avoid injury during assembly.



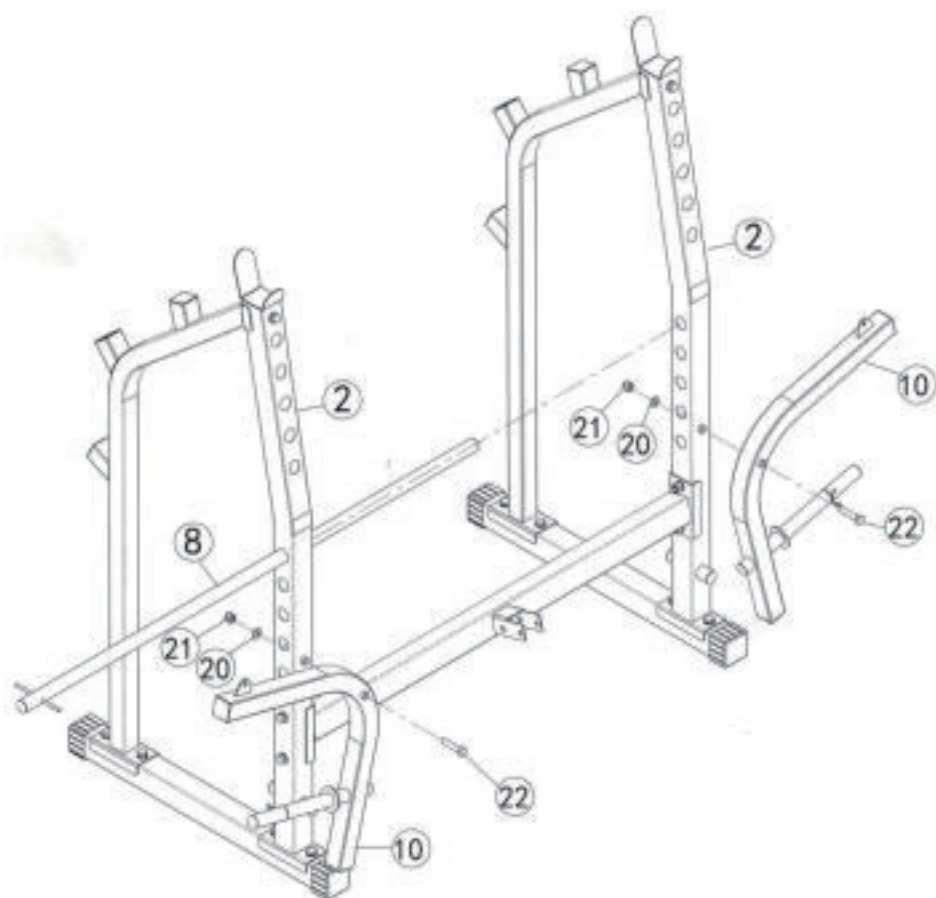
step 1

A) Put the No.1 and No.2 workpieces according to the drawing, put the No.18 flat washer No.20 of the bolt through No.2 and fix it on No.1;

B) Put the workpiece No.3, No.1 and No.2 according to the drawing, pass the No.18 flat gasket 20 of the stud through No.2, fix it on No.1, put the bolt No.19 on the flat gasket No.20, pass through 2 and 3, install the flat gasket 20 and screw it into the Ni cap No.21; connect the other side in the same way;

C) Use No. 7 workpiece to assemble the two sides and connect the workpiece. Pass the bolt 19 through the column frame of No. 20 and No. 7 workpieces; install the flat gasket 20, and then screw it with Ni cap No. 21

D) After all the bolts are connected, use a wrench to lock the bolts.

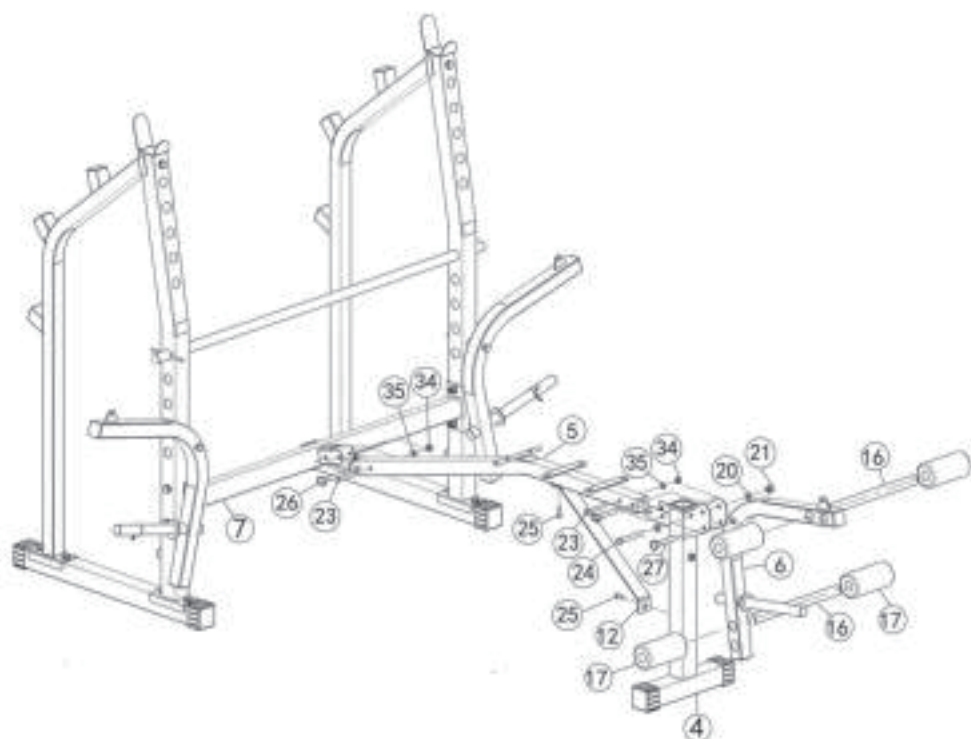


step 2

A) Put the No. 10 and No. 2 workpiece according to the drawing, pass the bolt No. 23 through 10 and 2, and install the flat gasket 20. Screw in the Ni cap 21 and finally tighten the Ni cap 21. Both sides are installed in the same way;

B) According to the drawing, the workpiece No. 8 passes through No. 2 on both sides and is fixed on the No. 2 adjusting hole to adjust the inclination of the back rest

C) After all the bolts are connected, use a wrench to lock the bolts.



step 3

A) Match No.4 and No.5 workpieces according to the drawing, and screw No.23 through No.4 and No.5 and fix them on No.5. Install the flat gasket 35 and screw in the Ni cap No. 34

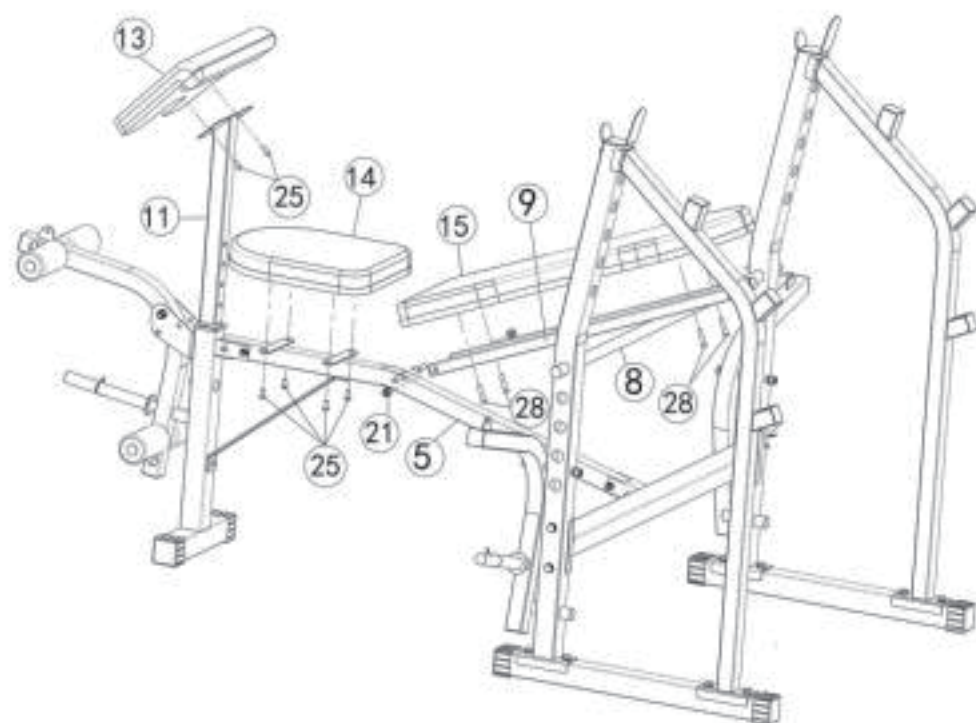
B) According to the drawing, fit the other end of No. 5 workpiece with No. 7, screw No. 23 bolt through No. 7 and No. 5, fix it on No. 7, install flat gasket 35 and screw it into Ni cap No. 34;

C) According to the drawing, fit one end of workpiece No. 12 with No. 5, and the other end with No. 4, and fix it with 25 bolts;

D) The No.6 and No.4 workpieces are well matched according to the drawing, the bolt No.24 flat washer 20 is threaded through 4 and 6, and fixed on No.4, the flat washer 20 is installed, and then the No.26 No.27 workpiece is inserted into the corresponding limit hole according to the drawing;

E) Insert two pieces of No. 16 into corresponding holes of No. 6 piece, and then assemble No. 17 workpiece onto both ends of No. 16 piece.

F) After all the bolts are connected, use a wrench to lock the bolts.



step 4

A) Insert No. 11 workpiece into No. 4 tube according to the drawing, and fix No. 11 with lengthened locking knob No. 36

B) Connect No. 13 workpiece to No. 11 workpiece with 2 bolts No. 25 according to the drawing;

C) According to the drawing, connect No. 9 workpiece to No. 5 workpiece, fix it with Ni cap No. 21, and put the other end on No. 8

D) Connect No. 14 workpiece to No. 5 workpiece with 4 bolts No. 25 according to the drawing;

E) Connect workpiece No.15 to two workpiece No.9 with 4 bolts No.28 according to the drawing;

F) After all the bolts are connected, use a wrench to lock the bolts.

Training instructions

Using this product can not only enhance physical fitness and exercise muscles, but also play a role in weight loss through reasonable diet.

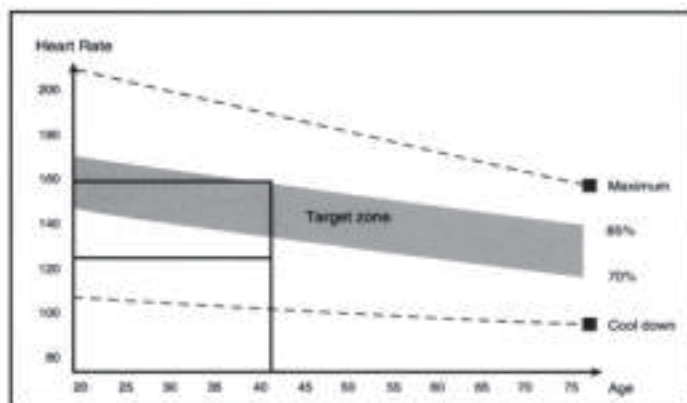
Warm up before training

This stage of warm-up exercise can enhance the blood circulation of the trainer's body, and make the muscles reach a good training state, while reducing the risk of cramps or muscle strain during the training process. Before each training, please do warm-up exercise according to the following recommended training methods. Each stretching exercise must be maintained for about 30 seconds. When doing exercises, pay attention not to do strenuous stretching exercise to prevent muscle damage. Once the muscle is damaged, please stop practicing.



Training stage

This stage is a formal training stage, after long-term regular practice can improve the flexibility of leg muscles. In the process of training, the key is to do exercises with stable training intensity according to your own training situation. When practicing, you should choose a reasonable training intensity and control the heart rate within the target value range listed in the table below.



To keep the heart rate within the target range for at least 12 minutes, most people train for 15-20 minutes at the beginning of training.

Recovery phase after training

In this stage, repeat all the exercises done in the preparation stage. In the process of doing, the amplitude and speed of the exercise can be appropriately reduced. The time lasts for about 5 minutes. Through the exercise, the heat in the body is adjusted and the muscles are relaxed. Attention should be paid to the process of exercise can not do strenuous stretching activities, in order to avoid muscle damage.

If you have already adapted to the training, you can gradually increase the training time and intensity. It is recommended to train at least three times a week. If you can, record the average level of practice every week.