

**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**

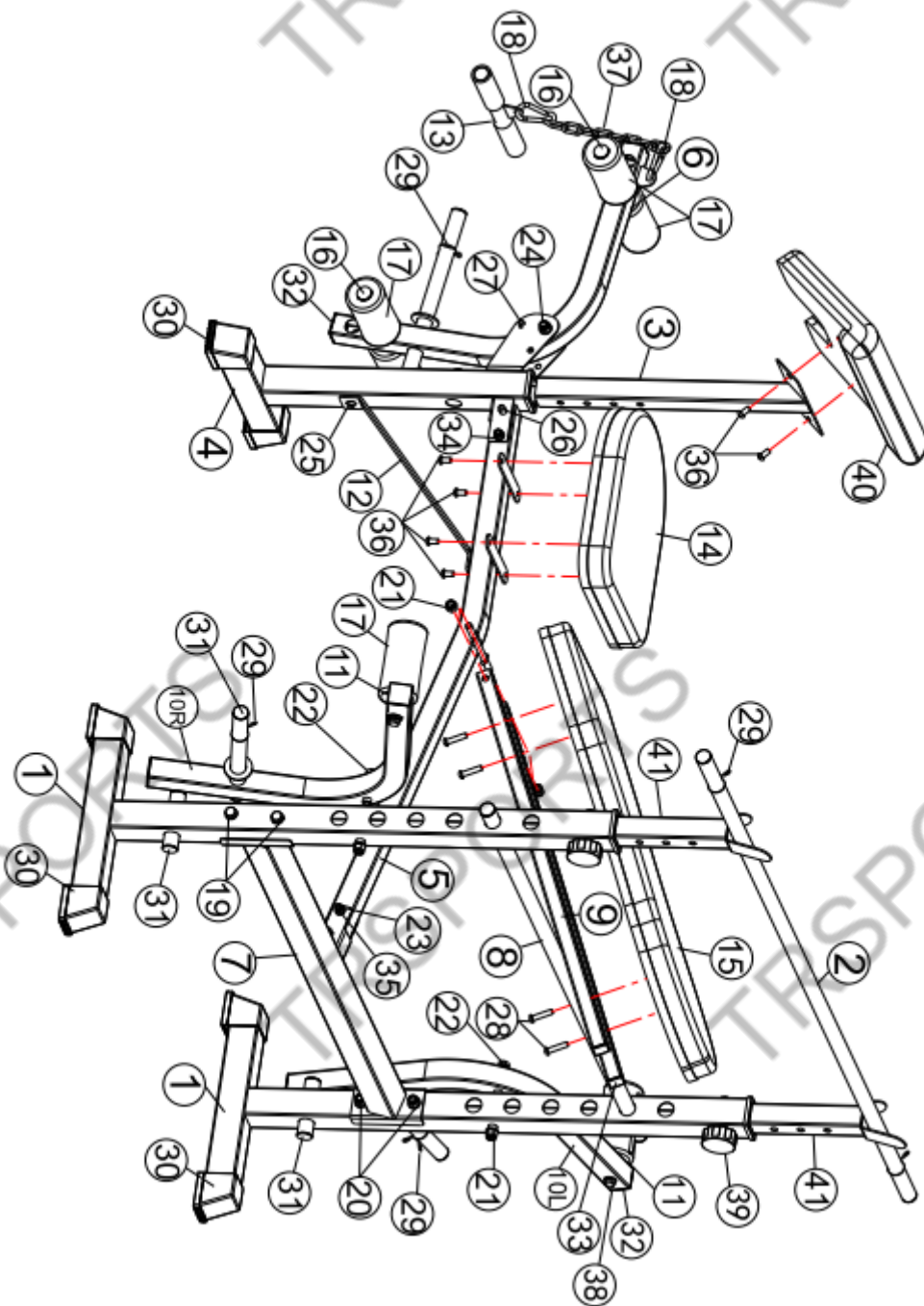
Although safety precautions have been taken into account as far as possible in the design and manufacturing of this fitness equipment, there are still some safety precautions to be followed during operation. Before assembling and using this fitness equipment, please carefully read the manual, especially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

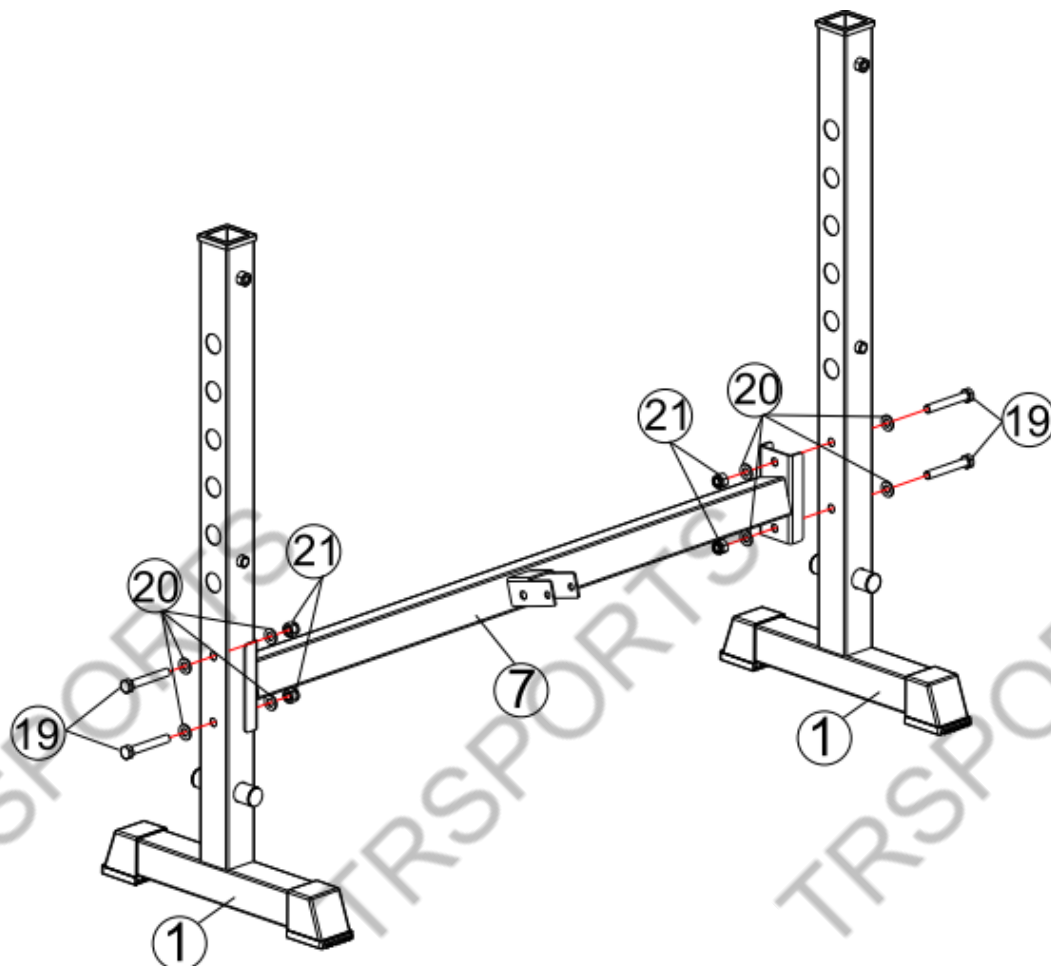
<b>No.</b>	<b>Description</b>	<b>Quantity</b>
1	Bottom tubular bracket	2
2	Barbell bar	1
3	Supporting plate adjusting bracket	2
4	Front bracket	1
5	Seat cushion bracket	1
6	Pedal rod	1
7	Rear cross bar	1
8	Adjustable lever	1
9	Backrest tube	2
10L	Double arm (left)	1
10R	Double arm (right)	1
11	Double arm foam tube	2
12	Frame supporting strip	1
13	Handle tube	1
14	Seat cushion plate	1
15	Backing plate	1
16	Foam tube	2
17	Foam	6
18	Carabiner	2
19	Hex head cap screw (M10*70)	4
20	Flat gasket ( $\phi$ 10)	13
21	Nylon nut (M10)	9
22	Hex head cap screw (M10*130)	2
23	Hex head cap screw (M8*60)	2
24	Hex head cap screw (M10*80)	1
25	Hex socket cap screw (M8*25)	2
26	Pull-ring bolt ( $\phi$ 10*60)	2
27	Pull-ring bolt ( $\phi$ 10*75)	1
28	Hex socket cap screw (M6*40)	4
29	25 tube collet	5
30	50 threaded tube end for square tube	6
31	25 flat pipe plug	24
32	40 inner square tube plug	6
33	25 inner square tube plug	4
34	Nylon nut (M8)	2
35	Flat gasket ( $\phi$ 8)	2
36	Hex socket cap screw (M6*25)	6
37	Eight-link chain	2
38	Hex head cap screw (M10*25)	2
39	Knob	3
40	Supporting plate mat	1
41	Adjusting bracket	2

## Assembly Instructions

Tools required for assembling:

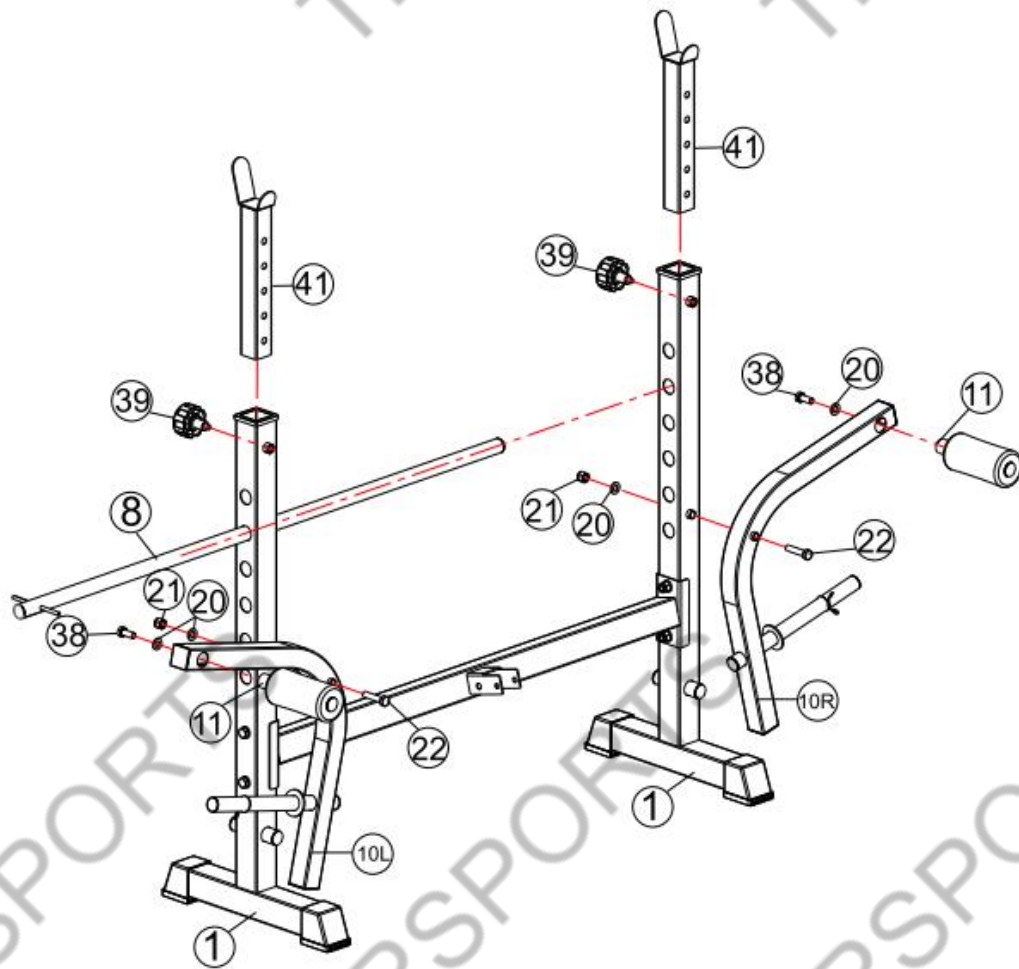
Two 13-17 open-end wrenches, one 5# socket head wrench and one 6# socket head wrench.

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



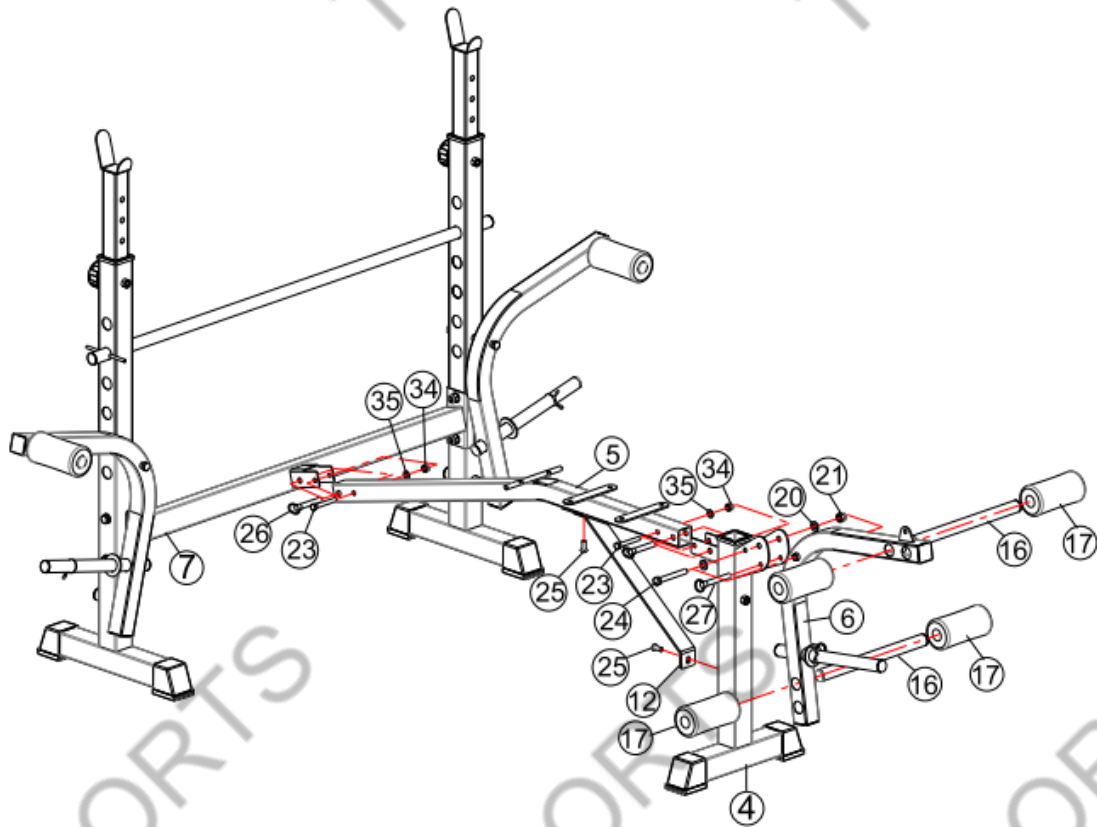
### Step 1

- A) Connect Item 7 to Item 1 on both sides as shown in the figure. Lead the bolt (Item 19) through Item 20 and the column bracket (Item 7), mount the flat gasket (Item), and then tighten it with the nylon nut (Item 21);
- B) Tighten all screws with the wrench after they are connected.



### Step 2

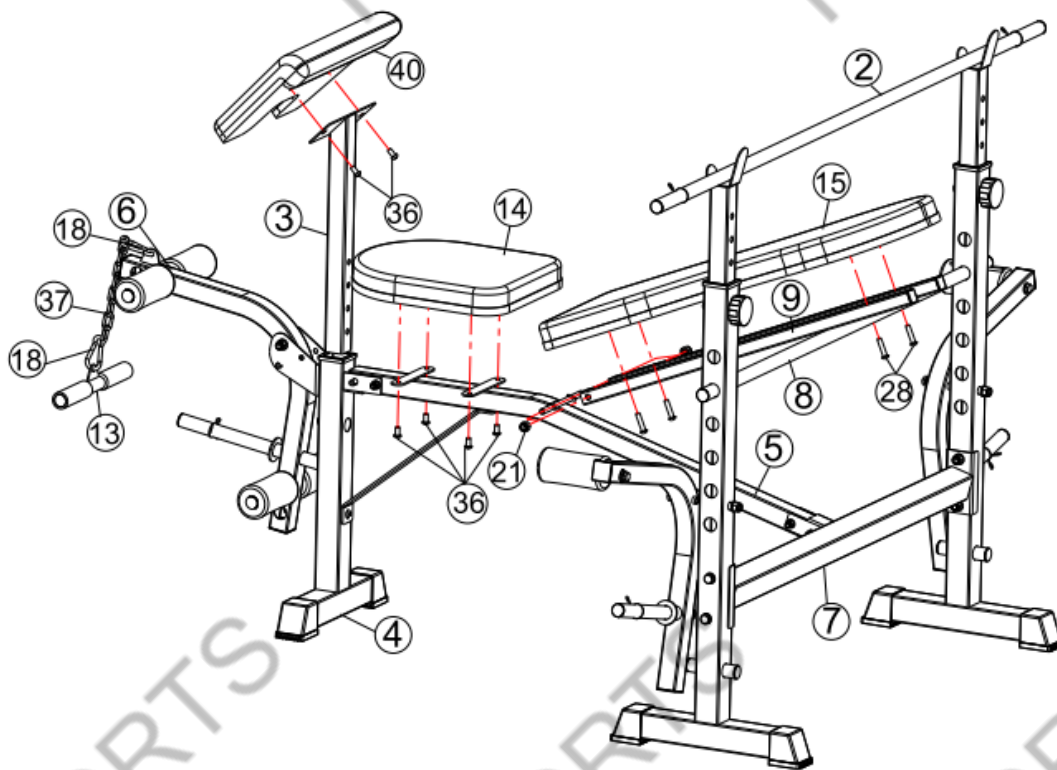
- A) Place Item 10L, Item 10R and Item 1 as shown in the figure, lead the bolt (Item 22) through Item 10 and Item 1, mount the flat gasket (Item 20), and then screw on the nylon nut (Item 21); finally, tighten the nylon nut (Item 21). The assembly method is the same for both sides;
- B) Lead Item 11 through Item 10 as shown in the figure, and fix it on Item 10 with the bolt (Item 38) and the flat gasket (Item 20);
- C) Lead Item 8 through Item 1 on both sides as shown in the figure, and fix it on adjustment holes of Item 1 to adjust the angle of the backrest;
- D) Insert Item 41 into Item 1 as shown in the figure, adjust the height as required, and then fix Item 41 with Item 39;
- E) Tighten all screws with the wrench after they are connected.



### Step 3

- A) Match Item 4 and Item 5 as shown in the figure, lead the bolt (Item 23) through Item 4 and Item 5 and fix it on Item 5, and assemble the flat gasket (Item 35), then screw on the nylon nut (Item 34);
- B) Match the other end of Item 5 to Item 7 as shown in the figure, lead the bolt (Item 23) through Item 7 and Item 5 and fix it on Item 7, and assemble the flat gasket (Item 35), then screw on the nylon nut (Item 34);
- C) Match one end of Item 12 with Item 5 and the other end with Item 4, and fix them with the bolt (Item 25);
- D) Match Item 6 and Item 4 as shown in the figure, lead the bolt (Item 24) and the flat gasket (Item 20) through Item 4 and Item 6 and fix them on Item 4, and assemble the flat gasket (Item 20), then screw on the nylon nut (Item 21); insert Item 26 and Item 27 into the corresponding spacing hole as shown in the figure;
- E) Insert Item 16 (both) into the corresponding holes in Item 6, and then assemble Item 17 to both ends of Item 16.
- F) Tighten all screws with the wrench after they are connected.





#### Step 4

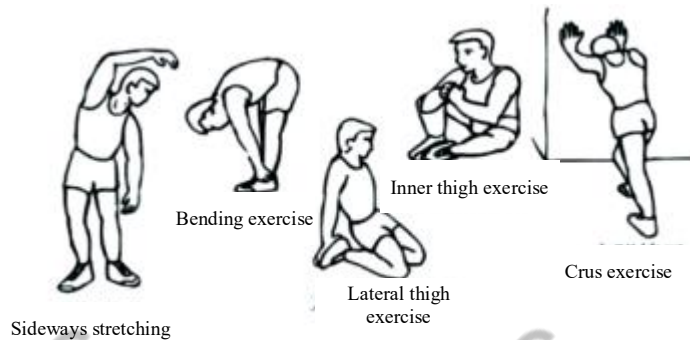
- A) Insert Item 3 into Item 4 as shown in the figure, and fix Item 3 with the extended locking knob (Item 39);
- B) Connect Item 40 to Item 3 with two bolts (Item 36) as shown in the figure;
- C) Connect one end of Item 9 to Item 5 as shown in the figure and fix it with the nylon nut (Item 21), and place the other end on Item 8;
- D) Connect Item 14 to Item 5 with four bolts (Item 36) as shown in the figure;
- E) Connect Item 15 to Item 9 (both) with four bolts (Item 28) as shown in the figure;
- F) Tighten all screws with the wrench after they are connected.
- G) According to your exercise needs, connect Item 2, Item 3, Item 18, Item 37 and Item 13 and place them as shown in the figure.

### 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.

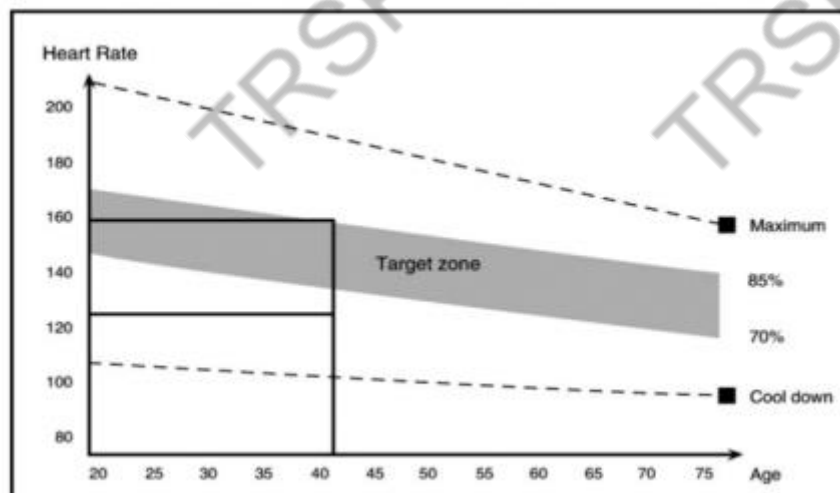
#### Warm-up before training

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

#### 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.