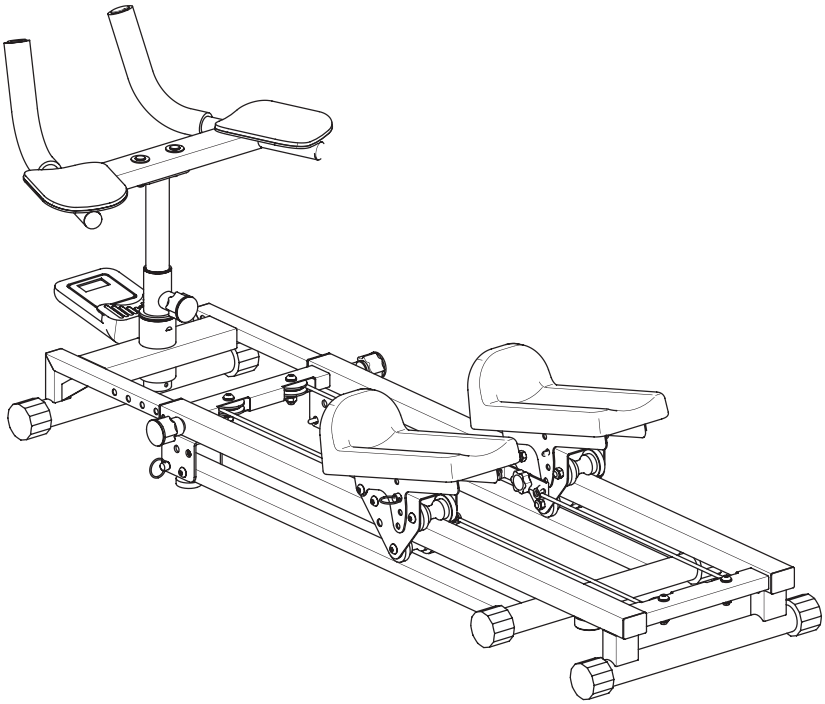
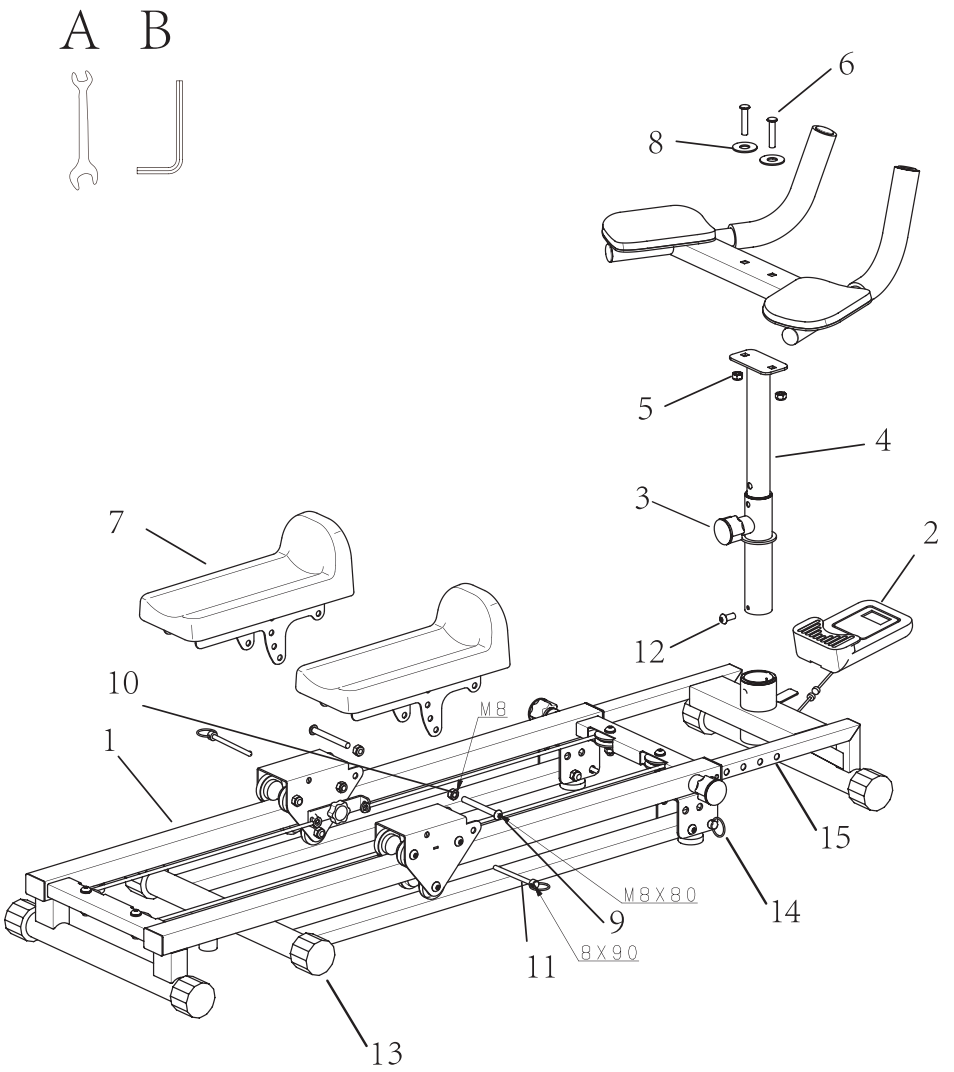
Assembly Instructions

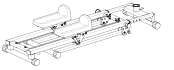


Note: Please read the manual carefully before using this equipment.
Warning: Please read the manual carefully before using this equipment

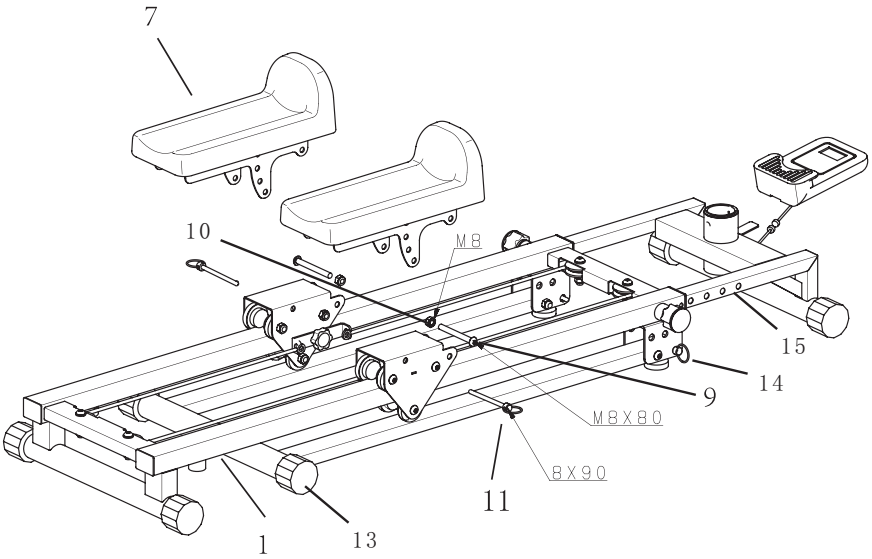
Product Parts Illustration



Product Parts Illustration

NO	name	parts	QTY
1	Main frame		1
2	Electronic meter		1
3	Knob		3
4	Armrest tube		1
5	M8 nut		2
6	Carriage bolt 8*40		2
7	Pedal		2
8	Gasket 10*25		2
9	Screw M8*80		2
10	M8 nut		2
11	Pin 8*90		2
12	Screw M6*16		1
13	Open-end wrench		1
14	Hex key (5mm)		1
15	Pin 10*65mm		2

Assembly Step Diagram

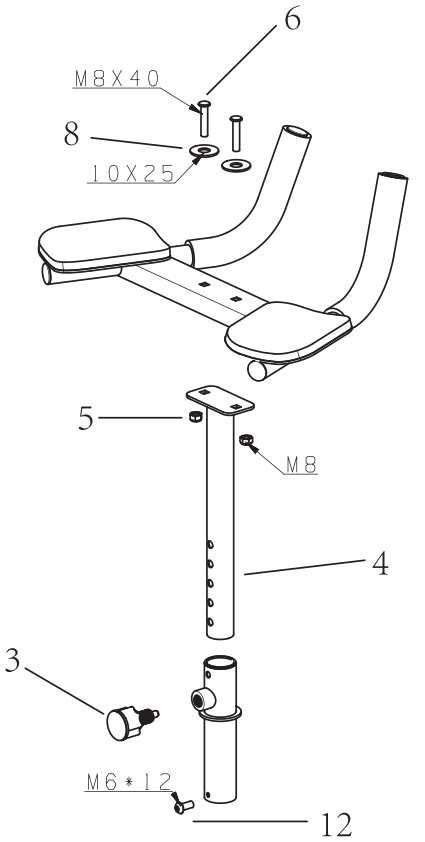


1、Take out the main frame (NO.1), the pedals (NO.7), the M8*80 screws (NO. 9) and the M8 nuts (NO.10). Align the holes to install the pedals as shown in the figure, and after adjustment, use the pins (NO.11) to install through the aligned holes

Assembly Step Diagram

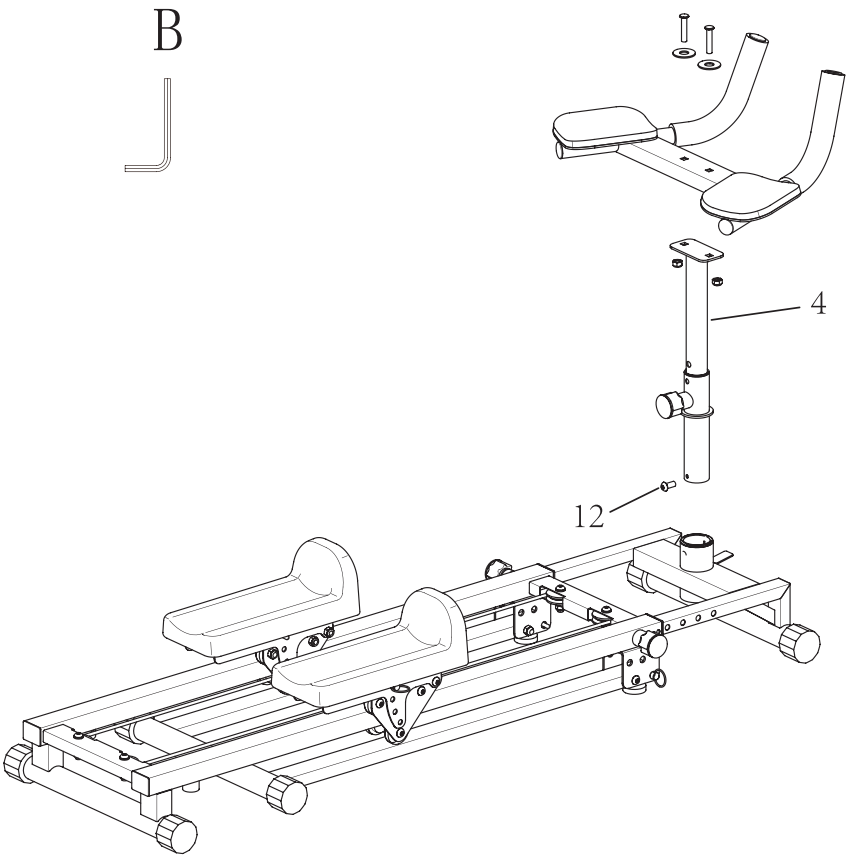
A





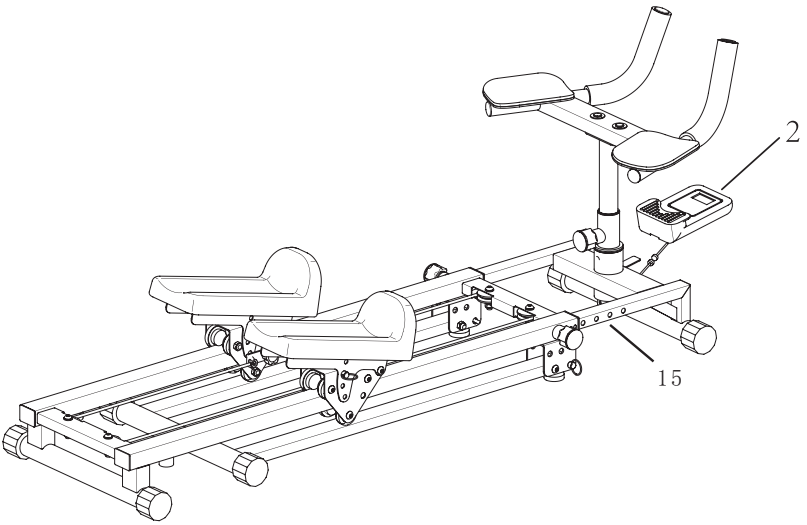
2、Take out the carriage bolts M8*40 (NO.6), the gaskets 10*25 (NO.8), the M8 nuts (NO.5) and the armrest tube (NO.4). Place them in sequence as sho wn in the figure, align the M8*40 bolts with the holes, and tighten the nuts with the open-end wrench (NO.A)

Assembly Step Diagram



3、Remove the screws (NO.12) as shown in the figure. Place the armrest tubes in sequence, align the screws with the holes and tighten them one by one using an L-shaped wrench (NO.B). Adjust the height of the armrests with the knobs. (NO.4)Five-level height adjustment

Assembly Step Diagram

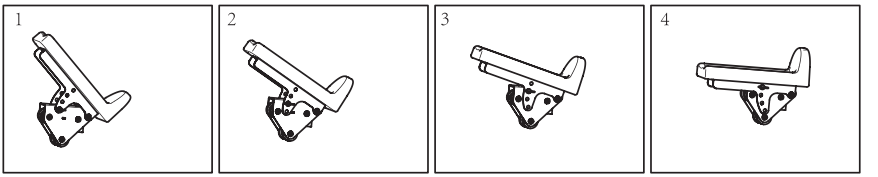


4、Assembly of Electronic Watches:

Assembly of the electronic meter: Take out the electronic meter (NO.2), open the battery compartment cover of the electronic meter, install the AA batteries included in the manual into the battery compartment according to the positive and negative poles as shown in the figure, and fasten the battery cover; insert the electronic meter with installed batteries into the main electronic meter insert as shown in the figure, connect the induction wire properly, and complete the assembly of the electronic meter.

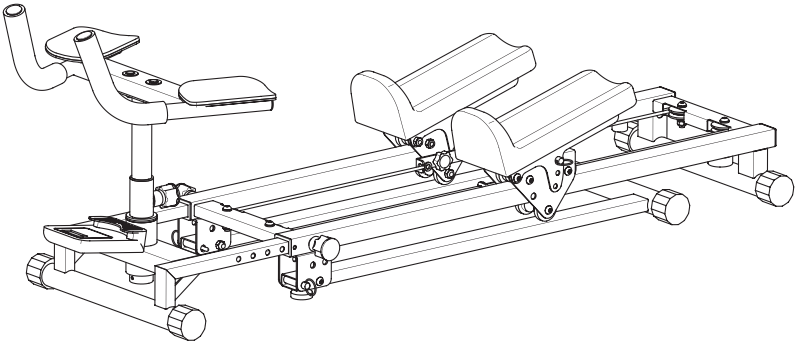
(NO.15)Six-level length adjustment

4-speed adjustment for the pedals



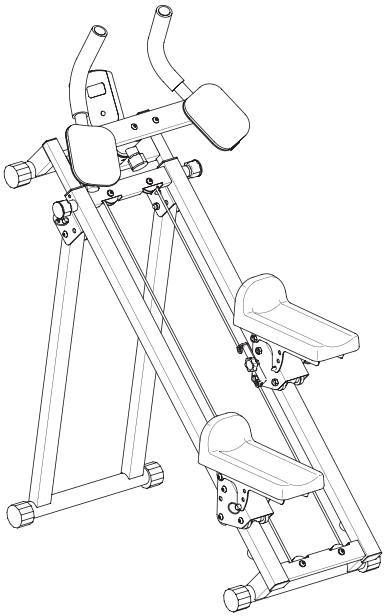
Function 1: Crawling & Crunch Function

Enables coordinated training of the upper and lower limbs as well as the core, featuring high fat-burning efficiency and training for coordination and balance.



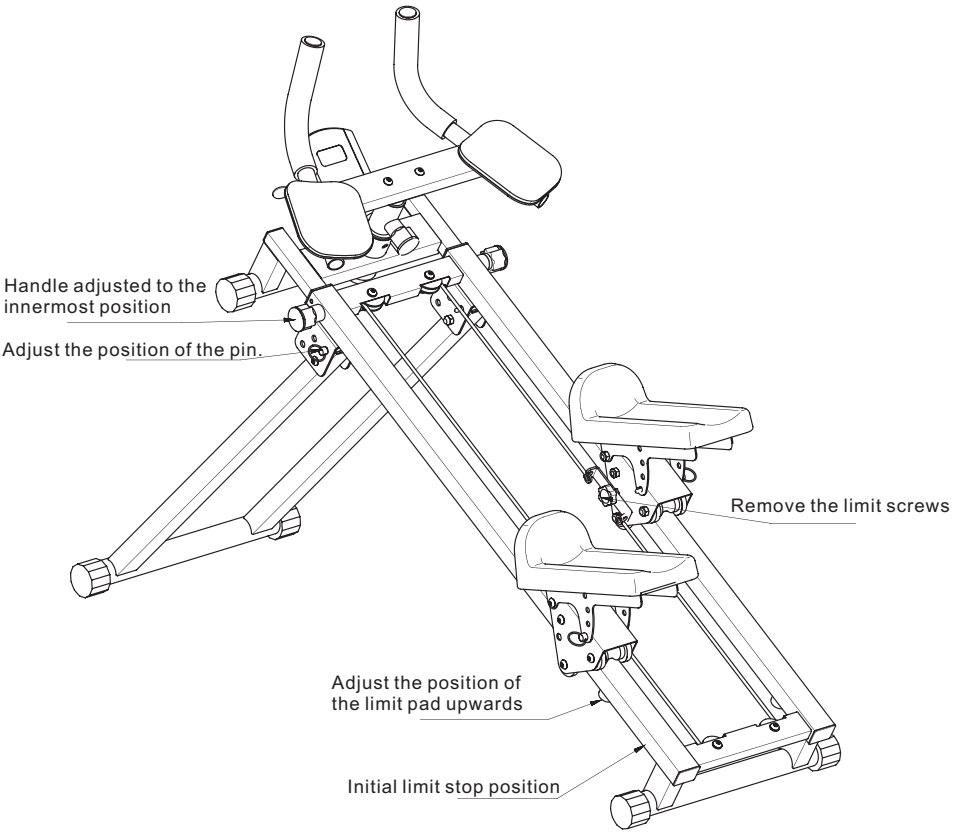
Function 2: Stair-Climbing Function

Meets the needs of fat loss, body shaping and physical fitness improvement, with a greater focus on the core strength of the lower limbs. (**Warm Reminder: Retract the telescopic function when using this feature.**)



Function 3: Abdominal Contraction Function

Focuses on the abdominal muscle groups, reduces compensation from the waist, back and legs, and improves whole-body coordination and fat burning. (**Warm Reminder: Retract the telescopic function when using this feature.**)



Electronic Meter User Manual

Key Functions:

Mode (MODE): Press to select functions; long-press to reset time/calories/count.

Set (SET): Set time/calories/count in non-scanning mode.

Reset (RESET): Press this key to clear the set time/calories/count.

Functional Operation Instructions:

1.Auto Scan (SCAN): Press the "MODE" key until "SCAN" is displayed. The electronic meter will switch the displayed content every 6 seconds in the following order: Time, Count, Calories (CAL), Total Count (TCNT), and Revolutions Per Minute (RPM).

2. Time (TIME): (1) The time from the start to the end of exercise.

(2)Press the "MODE" key until "TIME" is displayed, then press the "SET" key to set the target exercise time. When the set time counts down to 0, it will pause for about 1 second and then start counting up.

3. Count (COUNT): (1)Displays the current number of exercise repetitions.

(2) Press the "MODE" key until "COUNT" is displayed, then press the "SET" key to set the target number of exercise repetitions. When the set count counts down to 0, it will pause for about 1 second and then start counting up.

4. Calories (CALORIES): (1)Calculates the calories burned from the start to the end of exercise.
(2)Press the "MODE" key until "CAL" is displayed, then press the "SET" key to set the target calorie burn. When the set calories count down to 0, it will pause for about 1 second and then start counting up.

5. Total Count (TCNT): The total number of exercise repetitions since the battery was installed.

6. Speed (SPM): Displays the exercise speed of the electronic meter; the value resets to zero when exercise stops.

1. If there is no display or the display is blurry, please replace the battery.
2. The electronic meter will automatically shut down 4 minutes after stopping use.
3. The electronic meter will automatically turn on when exercise resumes or a key is pressed.
4. After exercise starts, the electronic meter will automatically calculate exercise data; it will stop calculating exercise data 4 seconds after exercise stops.

Product Certificate of Conformity

Name: Crawling Machine

Model: SH-P02

Production Date:

Inspector Code: 001

Product Warranty Card

Warranty Card		Present purchase record during warranty
User's Name	Phone Number	Postcode
Mailing Address		
Product Name	Product Model	
Purchase Time	Purchase Store	

Warranty Voucher

Date	Fault Description	Handling Content	Phone	Repairman's Signature

This warranty card shall be filled out when repairing the product purchased from our company. Please keep this warranty card properly, which can serve as a warranty certificate. Purchasers are not required to send the card back to the company.