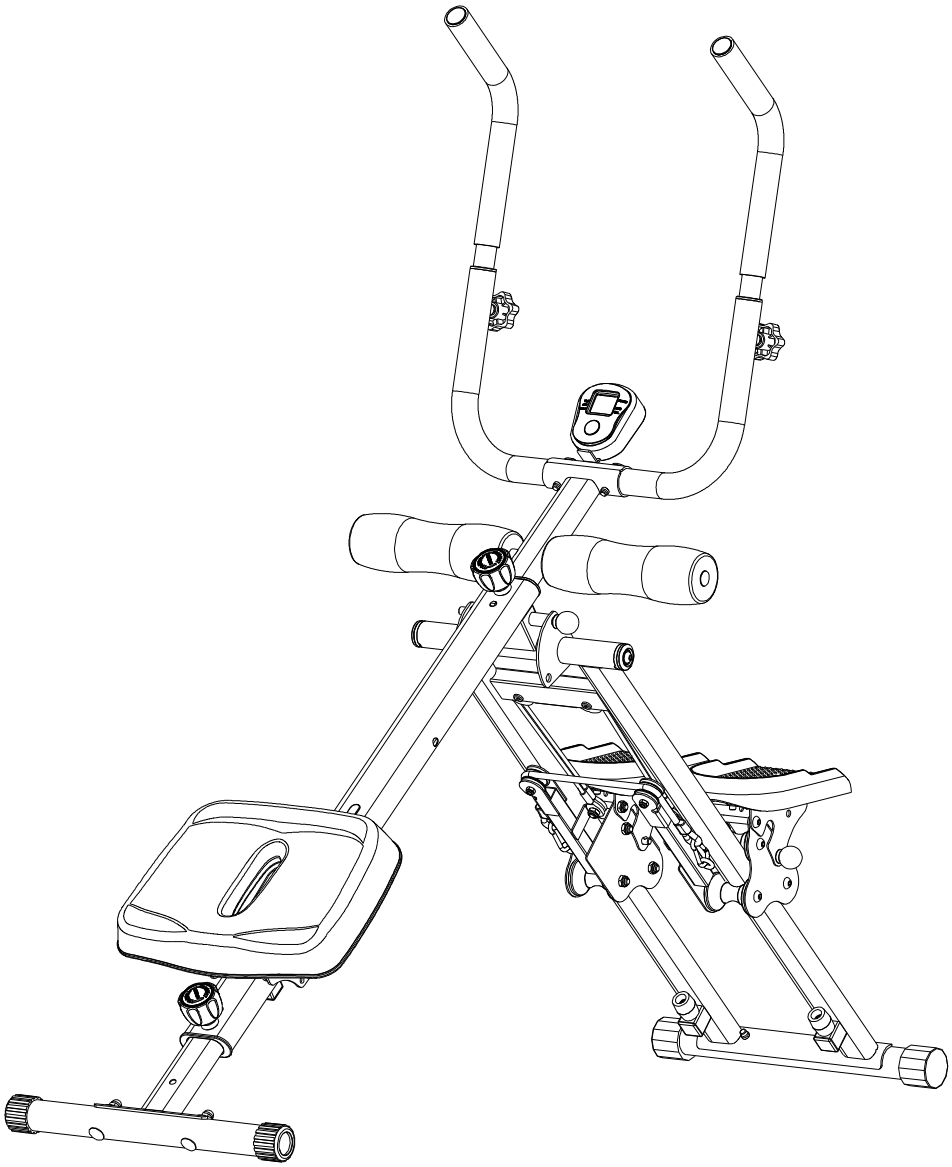
Multi-Function Trainer Pro

User Mannual



Note! Please read this manual carefully before assembling and using this product; The appearance of the product is subject to change without prior notice

Safe use needs to know

Thank you for purchasing our products. The correct use of this device is the guarantee of your safety and health. It is very important to read the manual carefully before using this device! Only when this equipment is properly installed, maintained and used can exercise be safe and effective.

1, This equipment is only suitable for indoor use, home use. The maximum user weight and load is 120KG.

2. This device belongs to HC grade and is not suitable for medical use.

3, Before assembly, it is necessary to fully understand the list of parts provided for this equipment, and install in full accordance with the instruction manual.

4, Installation need to use the appropriate tools to install, if necessary, please ask the second person to assist you to install together.

5, The fitness equipment needs to be placed on a flat, non-slip ground to use, if placed in a wet space, the long-term use of the equipment will be affected by corrosion.

6, Please check whether the screw parts are locked before use, and ensure that there is a space distance of 0.6 meters around the equipment, and there is no prominent adjustable device.

7, Regularly check whether the various connection parts of the equipment are tight and whether the state is normal, in order to ensure the safety level of the equipment.

8. Do not use corrosive cleaning agents during maintenance and cleaning to avoid liquid entering the equipment through the tail or gap.

9. This device is used by adults, children and pets should stay away from this device, and can only be operated under the guidance of adults.

10, This equipment can only be exercised by one person at the same time, please point out the possible dangers to the people around you, such as the danger of moving parts during exercise.

11. Wear well-fitting clothing when exercising to prevent loose clothing from tripping on equipment or restricting movement.

12. Please don't exercise before and after meals.

13. Please pay attention to the exercise methods in the instructions.

14, please consult your family doctor before exercise, he will tell you what kind of exercise and exercise load is suitable for you, the wrong exercise can damage your health, excessive training can lead to serious injury or death, if you feel dizzy please stop training immediately.

15, the electronic watch has a number of functions to display, it will reflect the corresponding value according to the different degrees of human movement.

16, please keep this manual and installation tools.

17, If you have any questions need our assistance, please contact our after-sales service department.

Important advice

1. Follow the installation instructions and use only the parts configured with this device.

2, In principle, we do not regard sports equipment as toys, and can only be used by people who know the relevant knowledge or have been guided.

3. If you experience dizziness, nausea, chest pain, or other abnormal symptoms, stop exercising immediately and consult your doctor.

4, Such as children and disabled people, only under the guidance of a skilled operator should use this equipment.

5, Please note that you and others must not put any part of the body into the sports area.

6, In the parts of the equipment can be adjusted, pay special attention to the maximum limit position marked.

7, Only regular inspection for wear and loose parts, in order to ensure that the equipment in a high quality state.

Assembly instruction

1, The product must be carefully installed by adults, in the case of uncertainty to ask for technical experience to help.

2, Unpack all the packaging materials, place the various parts, make people more clear and easier to understand the assembly, use the pad to protect the installation surface, avoid dirt or scratch.

3, And then according to the parts list to check whether the parts are complete, only after the installation can be discarded packaging materials.

4, Before starting the assembly, please carefully read the installation instructions and understand the corresponding schematic diagram.

5, Please note that when using tools and manual operation, there may be a risk of operating injury, so be careful when installing the product.

6. After assembling the product according to the instructions, please carefully check whether the screws, nuts and knobs are installed correctly and tightened in place.

7, After installation, please do not put the tool randomly.

8, It is recommended that you find a protective pad (not provided in the product), placed under the product to protect the floor, because the product rubber inevitably leaves traces.

Motion specification

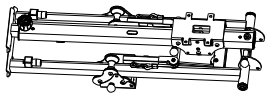
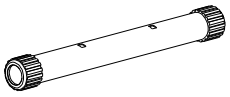
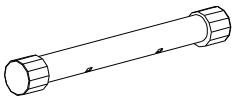
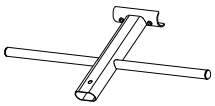
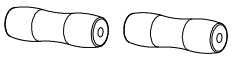
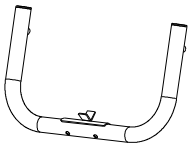
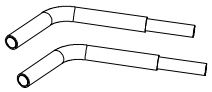
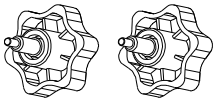
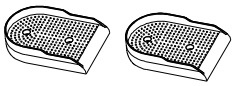
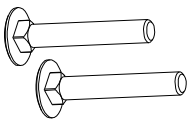
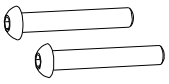
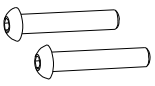
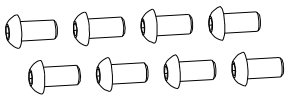
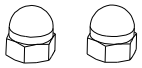
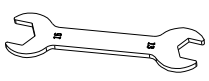
1. Did you know that moderate endurance exercise (such as about 30 minutes, 2 times a week) can greatly improve your health? Your blood pressure, cholesterol, blood sugar, initiative, and even your mood can all be greatly improved by a small amount of exercise. You can reduce your body fat percentage by making modest changes to your body shape and matching your nutrient intake accordingly.

2, exercise should always start from the warm up. The harder the workout ahead, the more important it is to warm up. Warming up prepares the body for the load, stimulates the cardiovascular system and protects ligaments, tendons and joints from injury. It also helps reduce the risk of cramps and muscle injuries

Pre-assembly checklist

Make sure to include all parts before you start assembling.

Note: Some screw accessories have been installed on the product and need to be loosened and then connected.

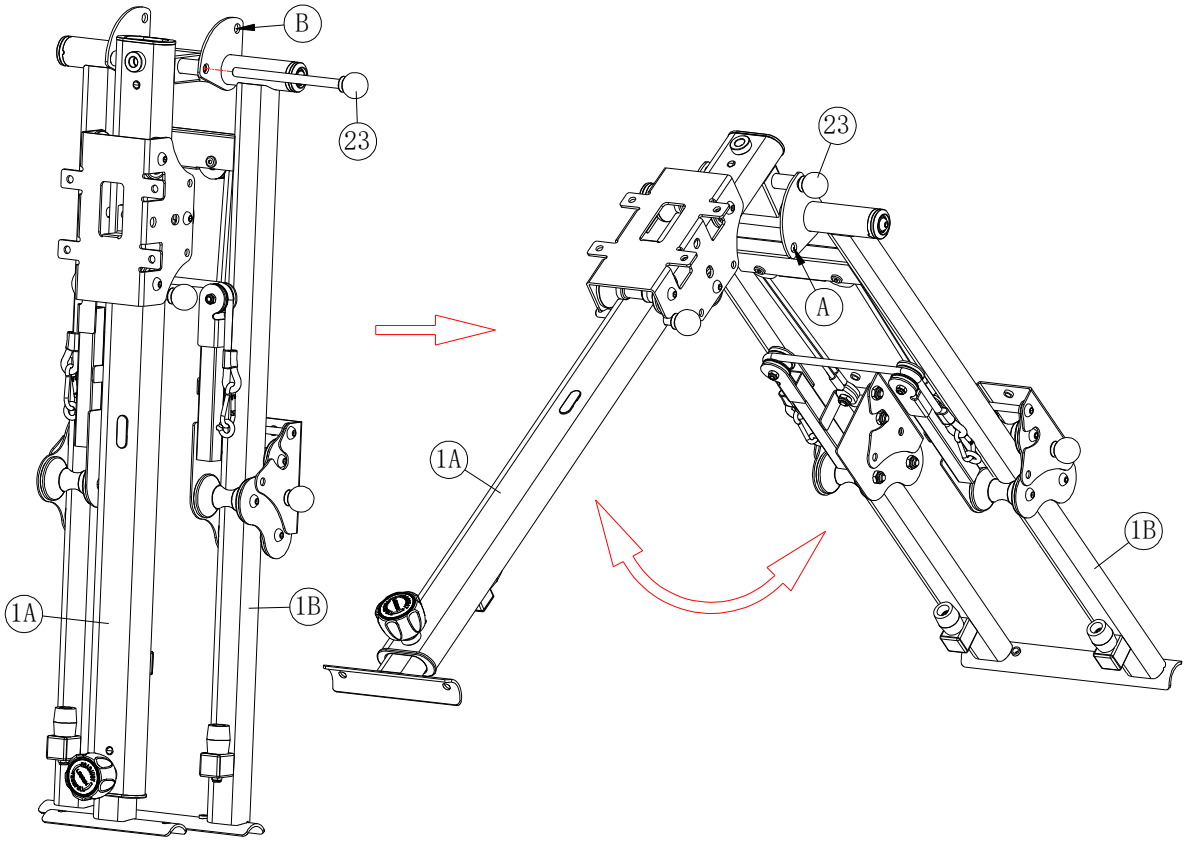
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No.	Name	Specification	Qty		No.	Name	Specification	Qty
1	Main frame		1		11	Seat cushion		1
2	Front foot tube	Φ38*395	1		12	Pedal		2
3	Rear foot tube	Φ38*395	1		13	Screw	M8*50	2
4	Handrail connect frame		1		14	Screw	M8*50	2
5	Foam		2		15	Screw	M8*45	2
6	Knob		2		16	Screw	M8*16	8
7	Handrail		1		17	Curved Washer	Φ8.5*Φ20*1.5	4
8	Handrail connect pipe		2		18	Nut	M8	2
9	Knob	M8	2		19	Open Wrench	13#---15#	1
10	Monitor		1		20	Allen Wrench	5mm	1

Assembly instructions

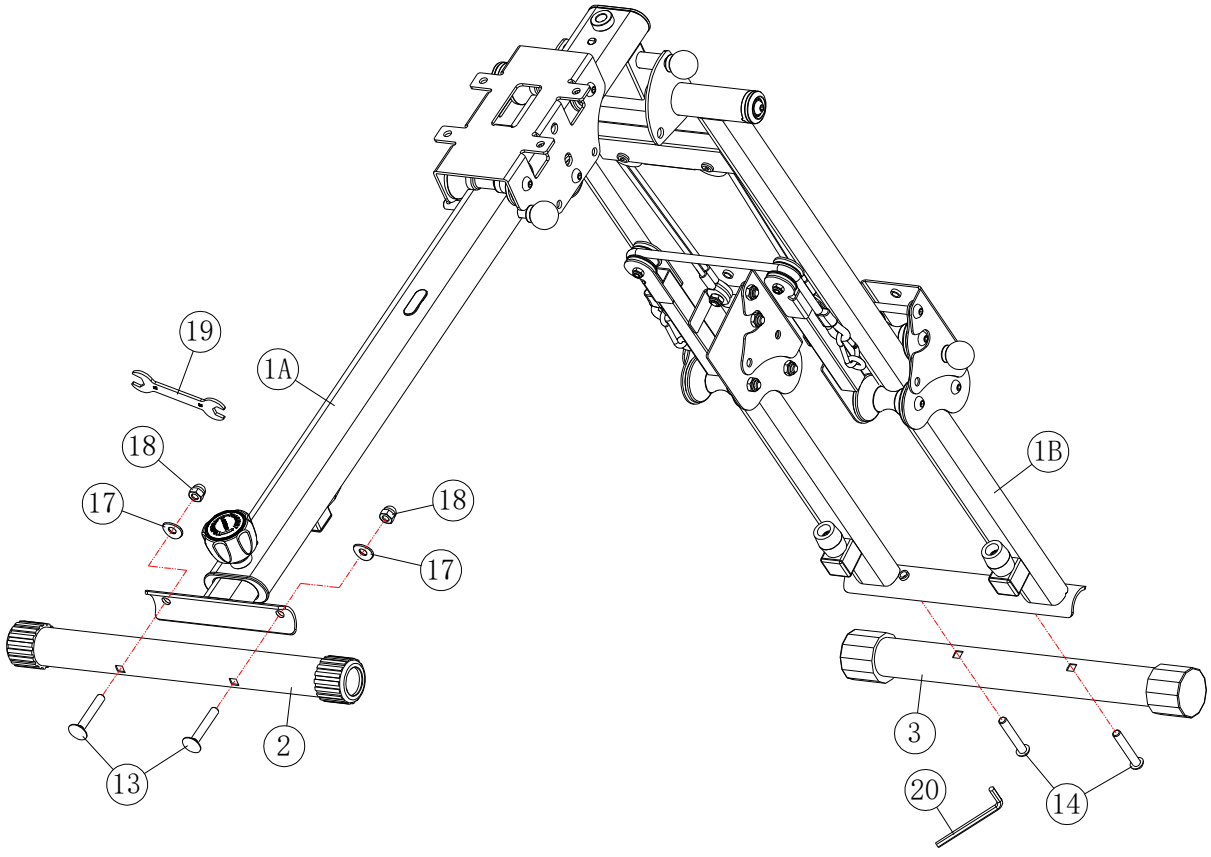
Step 1: Unfold the main bracket

Take out the main frame of the staircase machine from the packaging box, and first pull out the (23#) ball pin from the A hole of the iron plate of the main frame of the (1B#) stairlift; Then grab the main frame of the (1A#) stairlift with one hand, grab the main frame of the stairlift with the other hand, pull the two main frames to both sides, and align the B hole of the iron plate of the main frame of the stairlift with the casing of the main frame of the (1A#) abdominal trainer, and then insert the (23#) ball pin back from the outside of the B hole of the iron plate of the main frame of the stairlift, confirm that the marbles of the (23#) ball head pin on the other side are completely ejected, and the main bracket is unfolded.



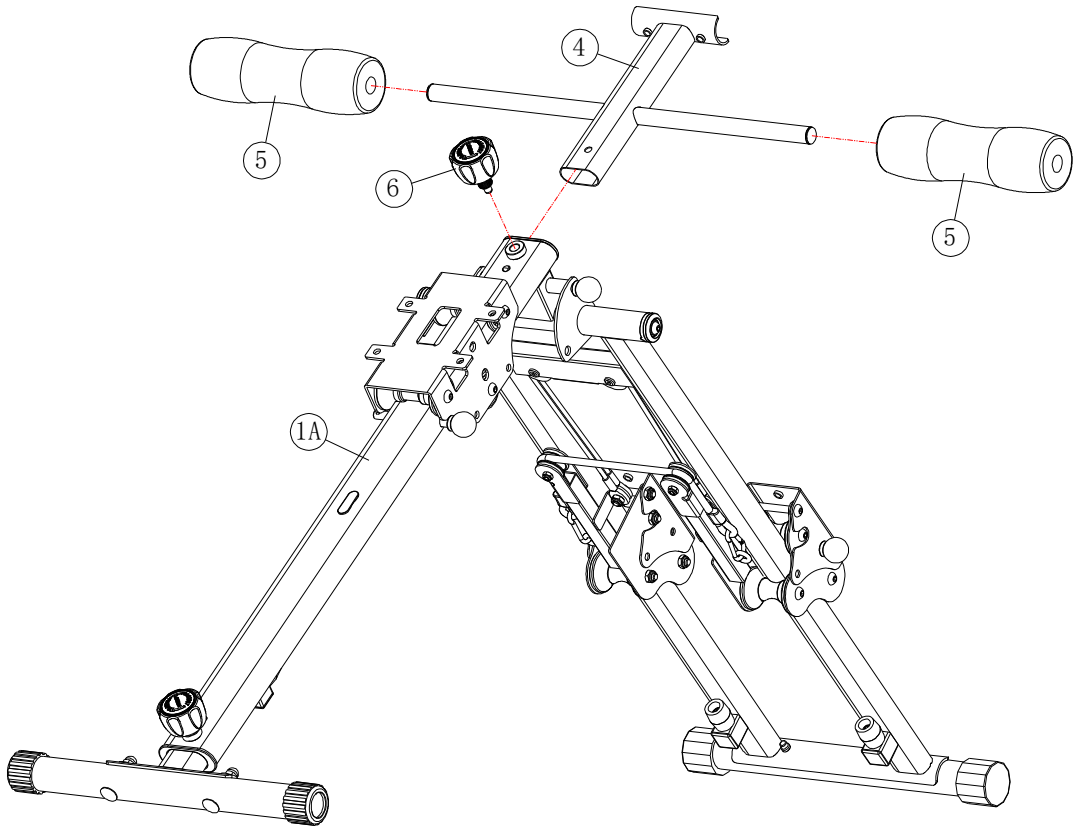
Step 2: Installation of front and rear foot tube

First, put the (2#) front leg under the mounting iron plate of the main frame of the (1A#) abdominal body and align the mounting holes, then use the (13#) carriage screw to pass the mounting iron plate of the main frame of the (1A#) abdominal body from the bottom of the (2#) front leg to the installation iron plate of the (1A#) abdominal bodybuilder main frame, and then put the (17#) arc pad on the mounting iron plate of the main frame of the (1A#) abdominal bodybuilder, and then screw on the (18#) cap nut by hand, and use the 13# port of the (19#) open-end wrench to lock the two (18#) cap nuts; Similarly, put the (3#) rear leg under the mounting iron plate of the main frame of the stairlift and align the mounting holes, and then use the (14#) semi-round socket screw to pass through the (3#) rear leg from below and screw it up to the mounting iron plate of the main frame of the stairlift, and use the (20#) socket wrench to lock the two (14#) semi-round head socket screws; Ensure that the front and rear legs are installed securely and securely.



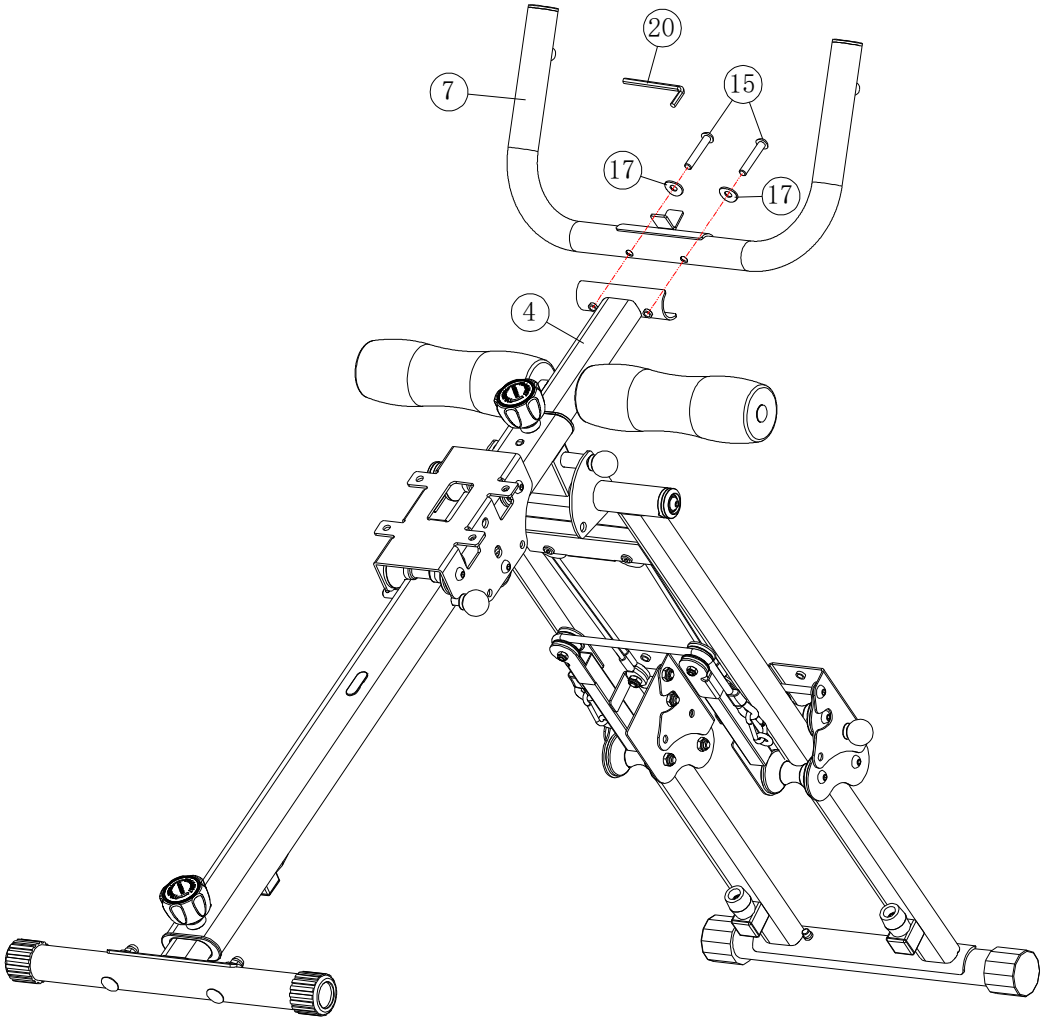
Step 3: Handrail support pipe installation

First, put two (5#) waist-shaped foams on both sides of the round tube of the (4#) armrest support tube, and the foam should be covered to the end; Then insert the (4#) armrest support tube assembled with foam into the iron pipe of the main frame of the (1A#) abdominal bodybuilder, align the holes, and then screw in the (6#) pull pin knob clockwise and lock it to ensure that the (4#) handrail support tube is stable and firm.



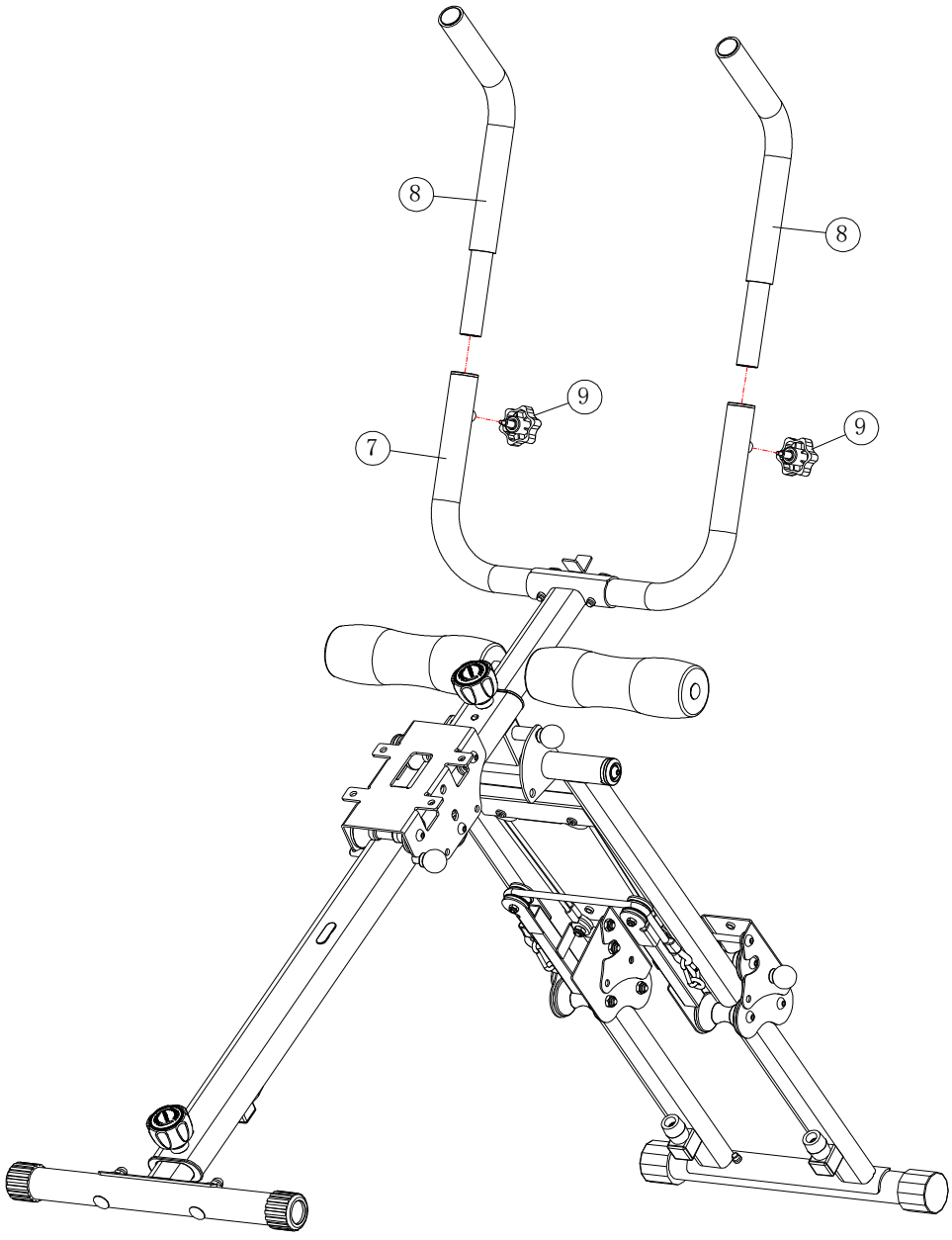
Step 4: Handrail pipe installation

First, put the (7#) handrail pipe on the (4#) handrail support pipe and align the holes, then use the (15#) semi-round socket screw to put on the (17#) curved pad, fix the (7#) handrail pipe to the (4#) handrail support pipe, and then use the (20#) Allen wrench to lock the two (15#) semi-round socket screws respectively to ensure that the (7#) handrail pipe is stable and firm.



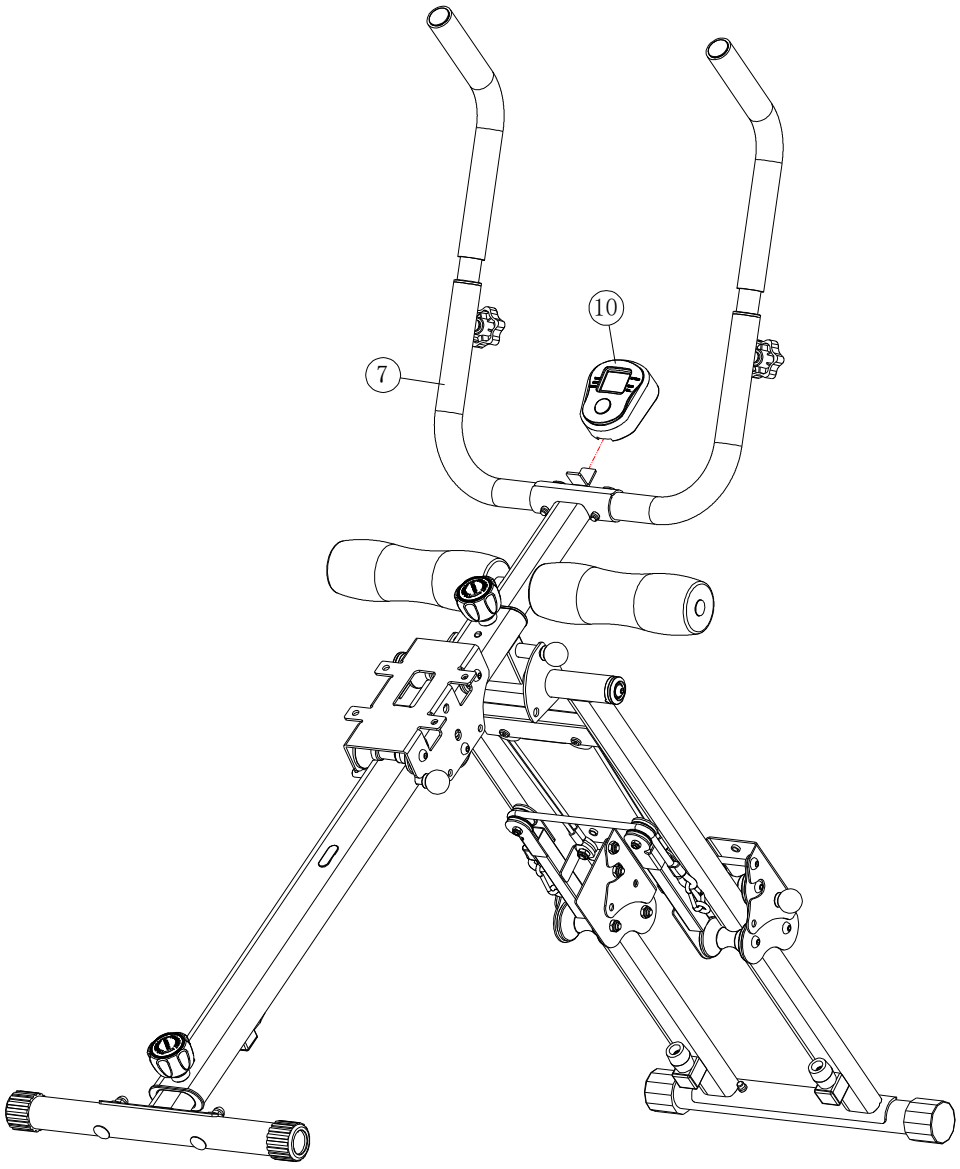
Step 5: Handle pipe installation

First, insert the (8#) handle tube into the (7#) handrail tube, align the holes, and then screw in the (9#) hexagonal star knob clockwise and lock it to ensure that the two (8#) handle tubes are stable and secure.



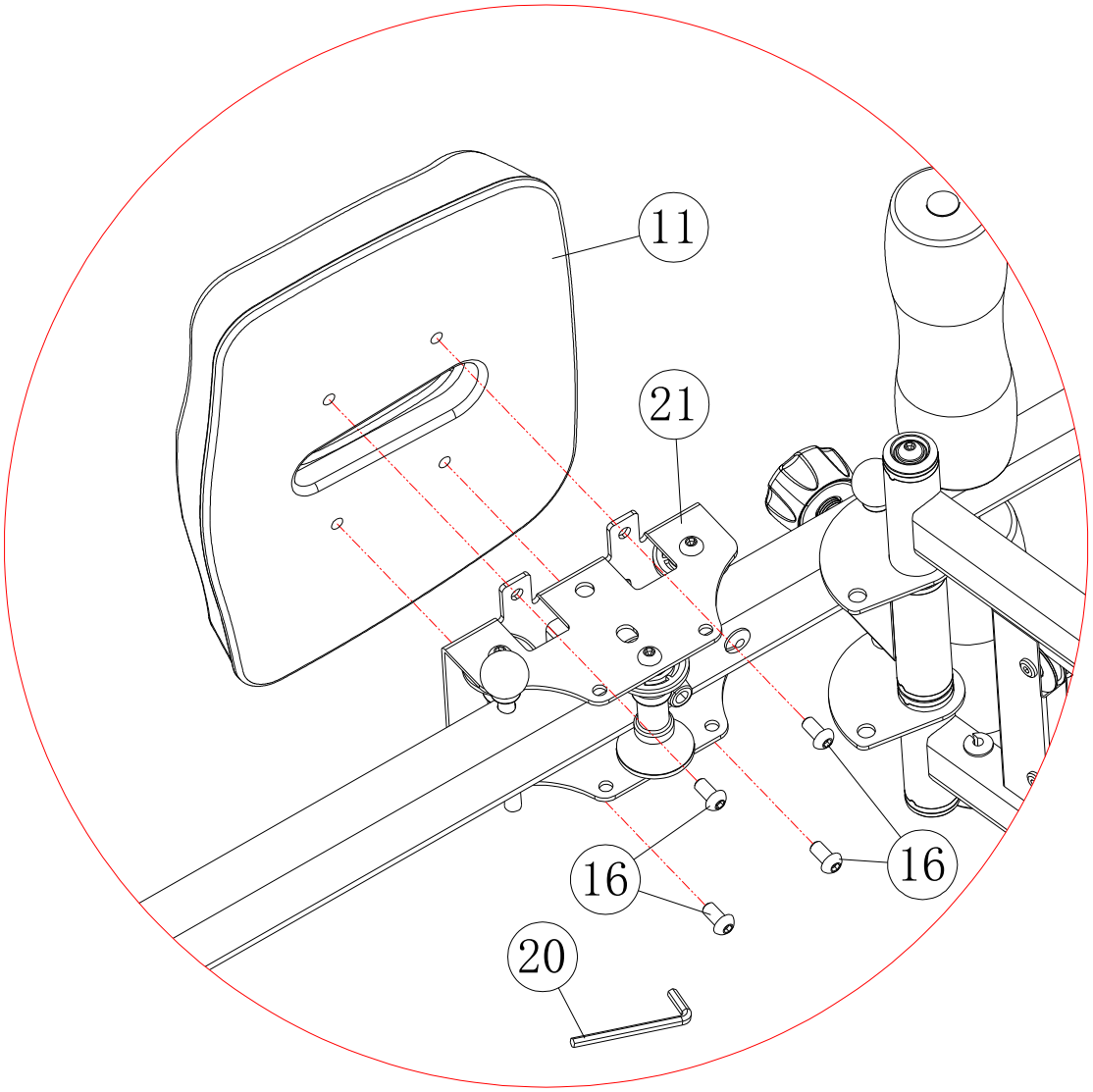
Step 6: Electronic meter installation (Note: This installation step is ignored without electronic watch)

First, push the (10#) electronic meter card slot into the (7#) handrail tube insert, and then plug in the (10#) electronic meter firmly and tightly, and then connect the induction wire, paying attention to ensure that the induction wire is tightly connected.



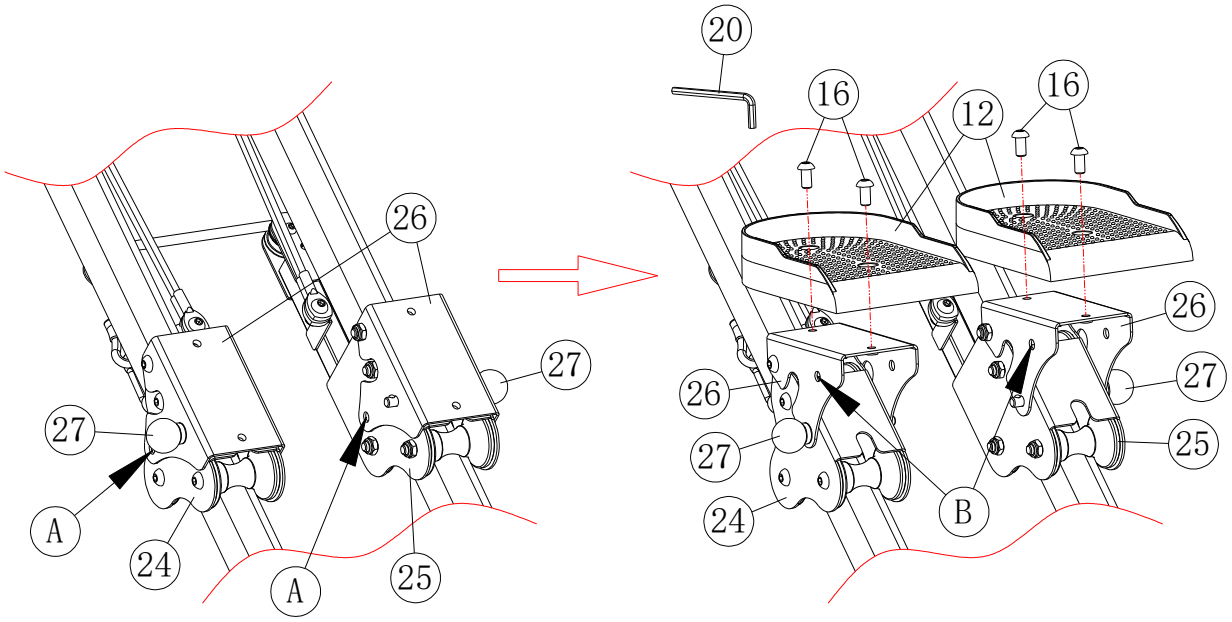
Step 7: Seat Cushion installation

First, put the (11#) cushion on the (21#) cushion slide, and then from under the (21#) cushion slide, pass the 4 (16#) semi-round head socket screws upwards through the (21#) cushion slide, screw them into the (11#) cushion, and then use the (20#) socket wrench to lock the 4 (16#) semi-round socket screws to ensure that the (11#) cushion is stable and firm.



Step 8: Pedal installation

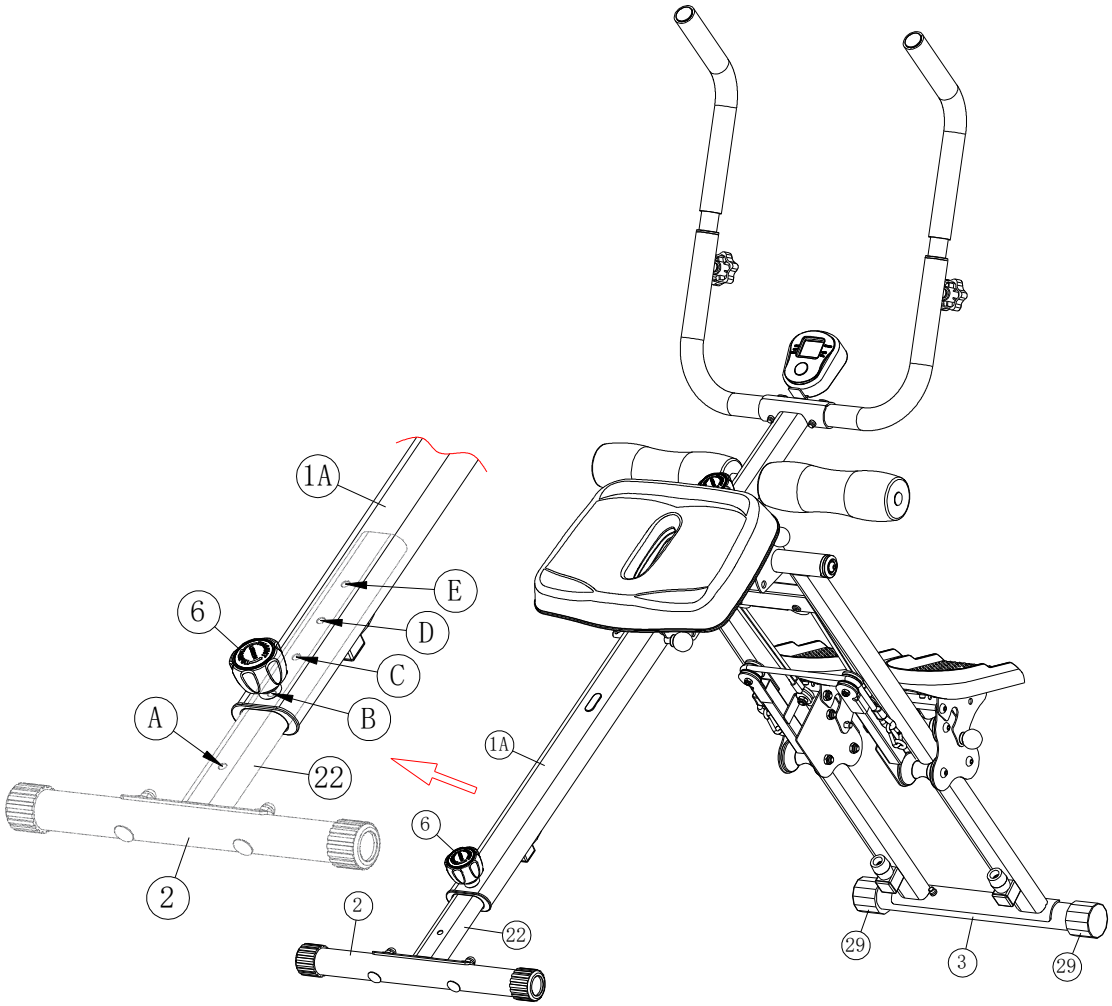
First, pull out the (27#) ball head pin from the B hole of the (26#) pedal holder, and then rotate the (26#) pedal mount upwards so that the A hole of the (26#) pedal mounting seat is aligned with the mounting hole on the left side of the (24#) slide seat and the upper right side of the (25#) slide seat, and then insert the (27#) ball head pin back from the A hole of the (26#) pedal mount, and adjust the (26#) pedal mount to a horizontal level; Then put the (12#) pedal on the (26#) pedal mount and align the screw holes, then screw in the (16#) semi-round socket screw from above, after both pedals are installed, and then use the (20#) socket key to lock the 4 (16#) semi-round socket screws respectively to ensure that the (12#) pedal is stable and firm.



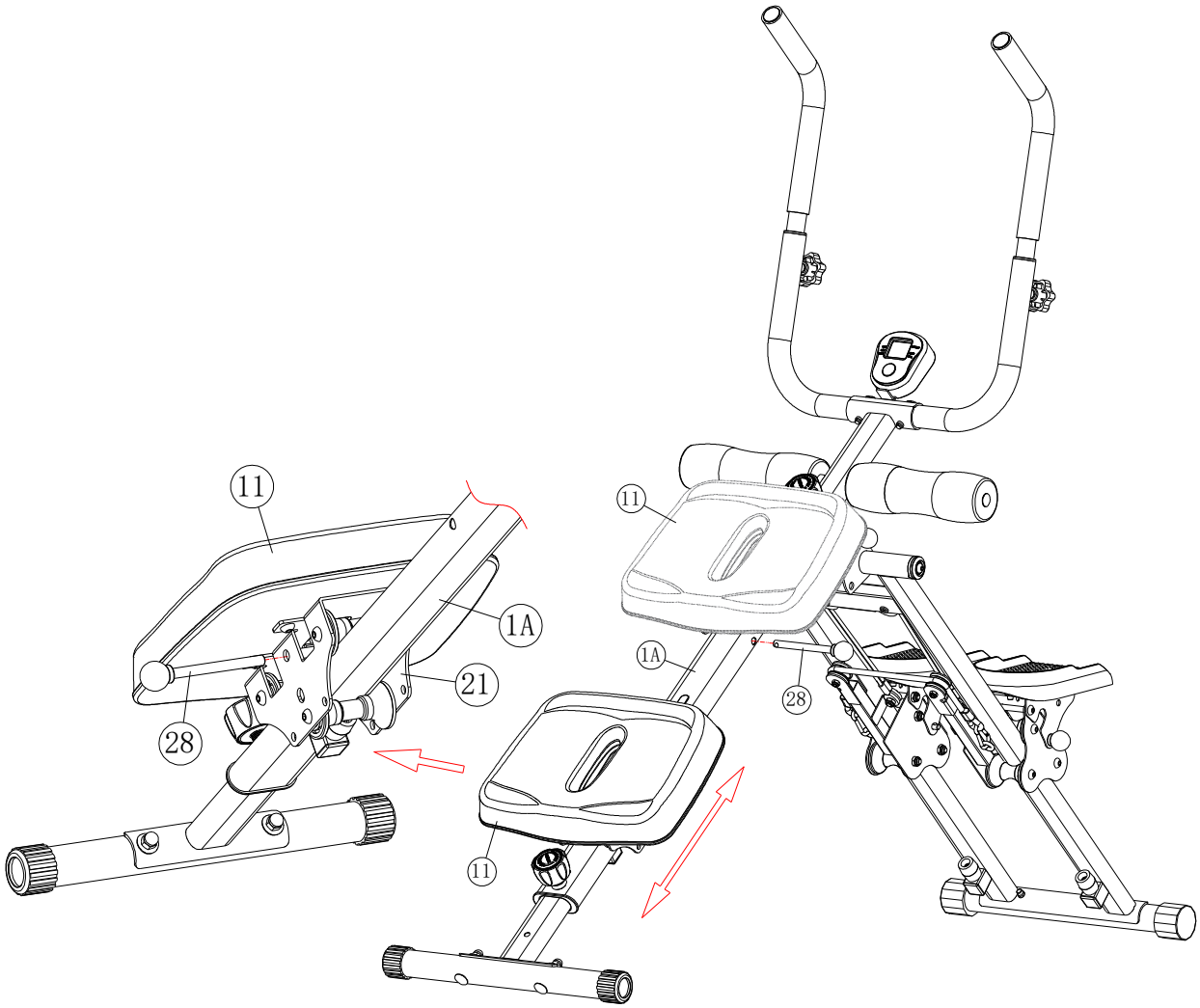
Step 9: After the installation is completed, please check whether all screws and nuts of the equipment are installed and locked, and ensure that all screws and nuts should be tightened firmly.

Maintenance and Conditioning Guidelines

1. **Cleaning and Maintenance**: Please wipe the abdominal staircase machine with a clean, soft, damp cloth. Do not expose the plastic part to corrosive solvents. After each use, wipe off any sweat stains that may be left on the stairlift. Be careful not to let too much moisture come into contact with the electronic watch screen, as this may cause the circuit to malfunction. Please avoid direct sunlight on the staircase machine, especially the electronic meter screen, to avoid damage to the product. Check weekly for loose screws, nuts and pedals.
2. **Storage**: Please place the stairlift in a dry and clean environment away from children and pets.
3. **Note**: Do not use for more than 15 minutes at a time.
4. 1 **Adjustment Guideline 1**: A, (22#) The front foot bracket tube is porous and retractable, of which hole A is the packaging storage hole, and holes B, C, D, E are the adjustment holes for four-speed fitness use, which can be adjusted according to the needs of the user. When adjusting, first loosen the (6#) pull pin knob and pull it outward, then pull the (22#) front foot bracket tube with the other hand, adjust it to a suitable position, and then lock the (6#) pull pin knob firmly; B. If the ground is unstable, the foot cover on both sides of the leg can be adjusted by turning (3#) by hand, which can make the abdominal staircase stable and suitable for the ground.



4.2. Adjustment Guideline 2: A. When the (11#) cushion needs to be fixed and not slipped, first push the (11#) cushion to the top end of the (1A#) main frame slide rail of the abdominal bodybuilder, and then insert the (28#) ball head pin into the positioning hole of the main frame slide rail of the (1A#) abdominal bodybuilder; B. When the (11#) cushion can slide freely, just pull out the (28#) ball head pin from the track of the main frame of the (1A#) abdominal bodybuilder, in order to prevent the (28#) ball head pin from being lost, the (28#) ball head pin can be inserted into the middle placement hole on the upper side of the (21#) cushion slide.



4.3. Adjustment Guideline 3: A. When using the abdominal exerciser mode, the (10#) electronic meter display should be oriented towards the main frame of the (1A#) abdominal bodybuilder, and the (10#) electronic meter should be positioned in the direction and pushed along the (7#) handrail tube insert and firmly clamped; B. When using the stairlift mode, the (10#) electronic meter display should face the direction of the main frame of the (1B#) stairlift, and the (10#) electronic meter should be positioned in the direction and pushed along the (7#) handrail tube insert and firmly clamped. (7#) The handrail tube insert can be installed in both directions.

