

HSP-PRO002

HI-LOW FUNCTIONION TRAINER

OWNER'S MANUAL

21N

CAUTION! Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

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Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	8
Assembly Instructions-----	9
Assembly-----	10
Adjust Instructions and Exercise Instructions-----	17
Maintenance Schedule-----	18
Console Panel Functions-----	19

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

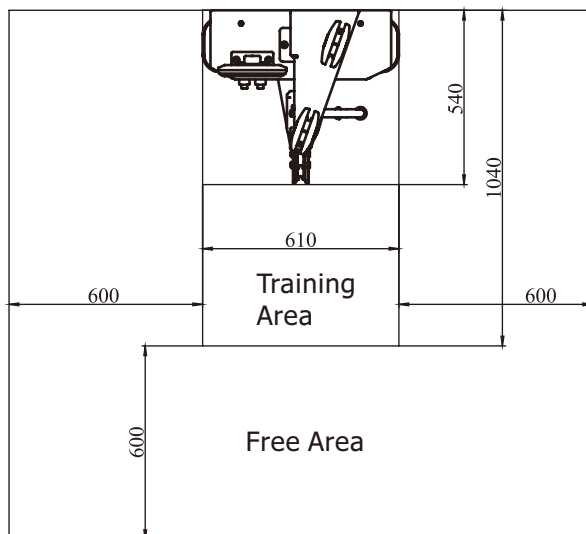
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 37.5kg/ 83lbs

Product Dimension: 610*540*2340mm

Product Total Surface: 610*1040mm

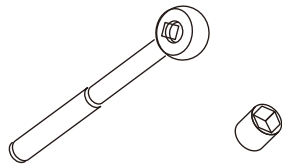
Product Total Mass: 112.5kg/248lbs

Instructions

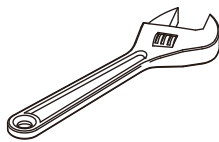
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

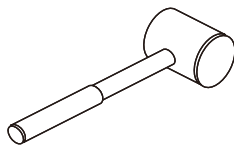
Tools Required



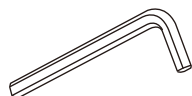
Ratchet Wrench and Socket



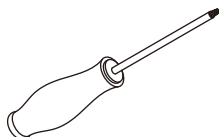
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

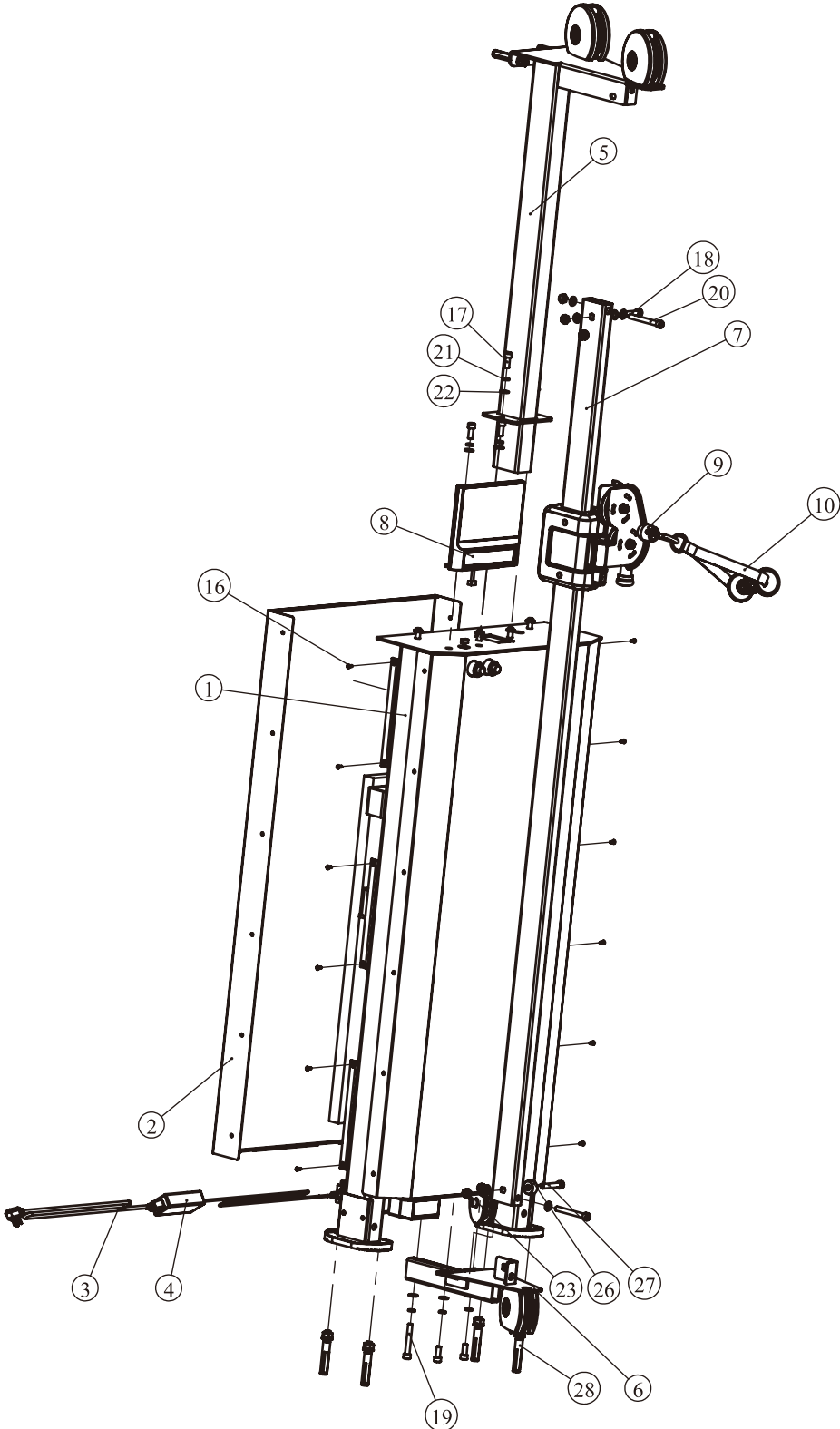
Exploded View and Parts List

Overall

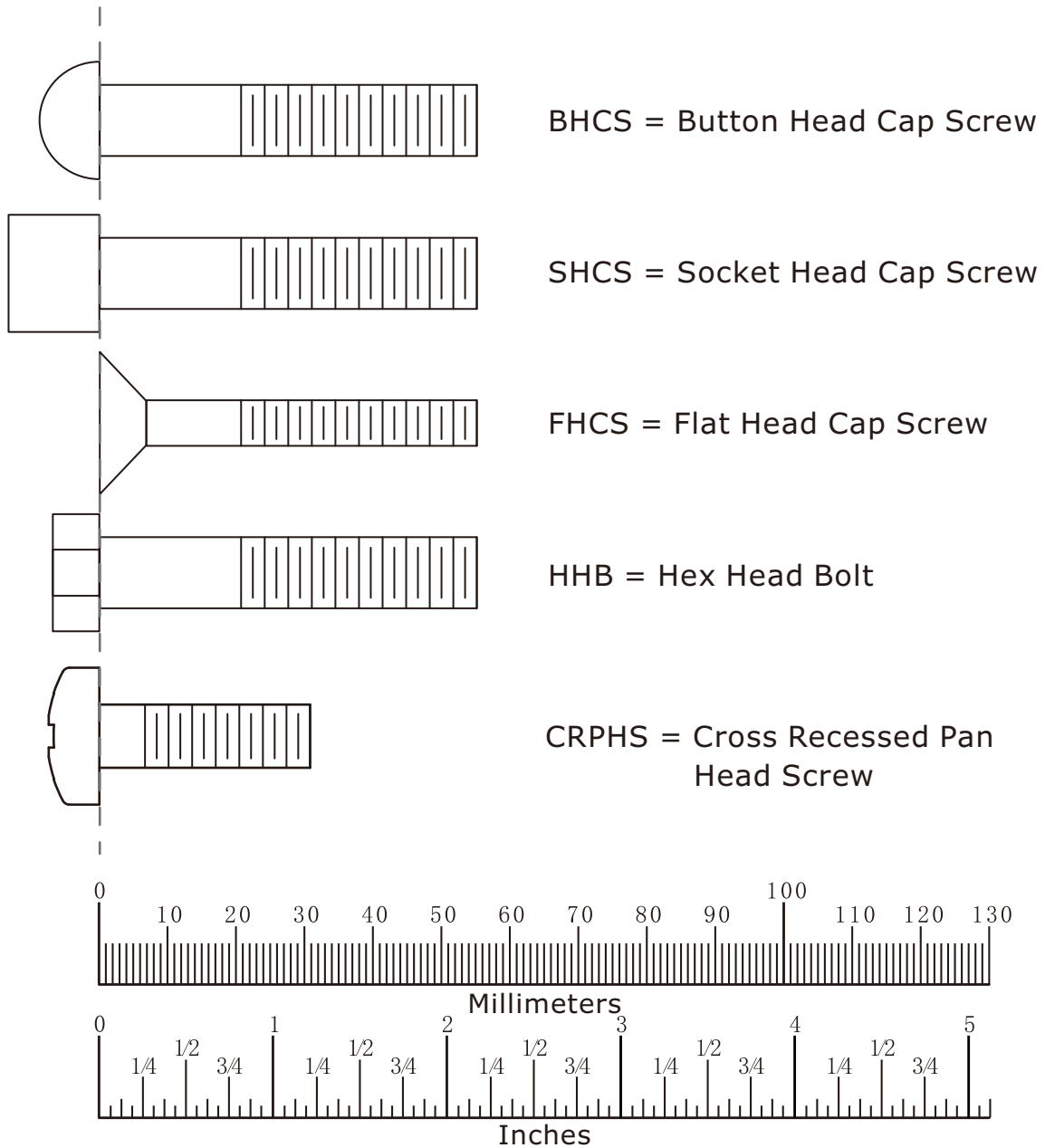
Item No.	Part No.	Description	QTY
1	HSP-PRO00201ASSY	Main Assy	1
2	HSP-PRO0021700	Back Cover	1
3	A09-5	Power Cable	1
4	DQSPQ24V6A	Adaptor	1
5	HSP-PRO00202ASSY	Up Bracket Assy	1
6	HSP-PRO00203ASSY	Underframe Assy	1
7	HSP-PRO00204ASSY	Slide Assy	1
8	HSP-PRO00205ASSY	Console Assy	1
9	HSP-PRO00229000ASSY	Rope Hook Assy	1
10	CG60006100V2	Strap Handle	1
16	GB845ST4.2*13DHS	Pan Head Tapping Screws With Cross Recessed 4.2*13	12
17	GB70M10*25DS20	Screw M10*25	6
18	GB70M10*50DS20	Screw M10*50	1
19	GB70M10*70DS2	Screw M10*70	1
20	GB70M10*90DS20	Screw M10*90	2
21	GB9310DS12	Spring Washer ϕ 10	7
22	GB9510DS2	Flat Washer ϕ 10	14
23	NM10DS2	Nut M10	4
26	IT95252200	Nylon Bush	1
27	GB70M10*55DS20	Screw M10*55	1
28	GB22795TGQM12*100DS	Expansion Bolt	6

Exploded View and Parts List

Overall



Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

Install the Main Assy (#1) and Underframe Assy (#6) together, Use the following parts:

two Screw M10*25 (#17)

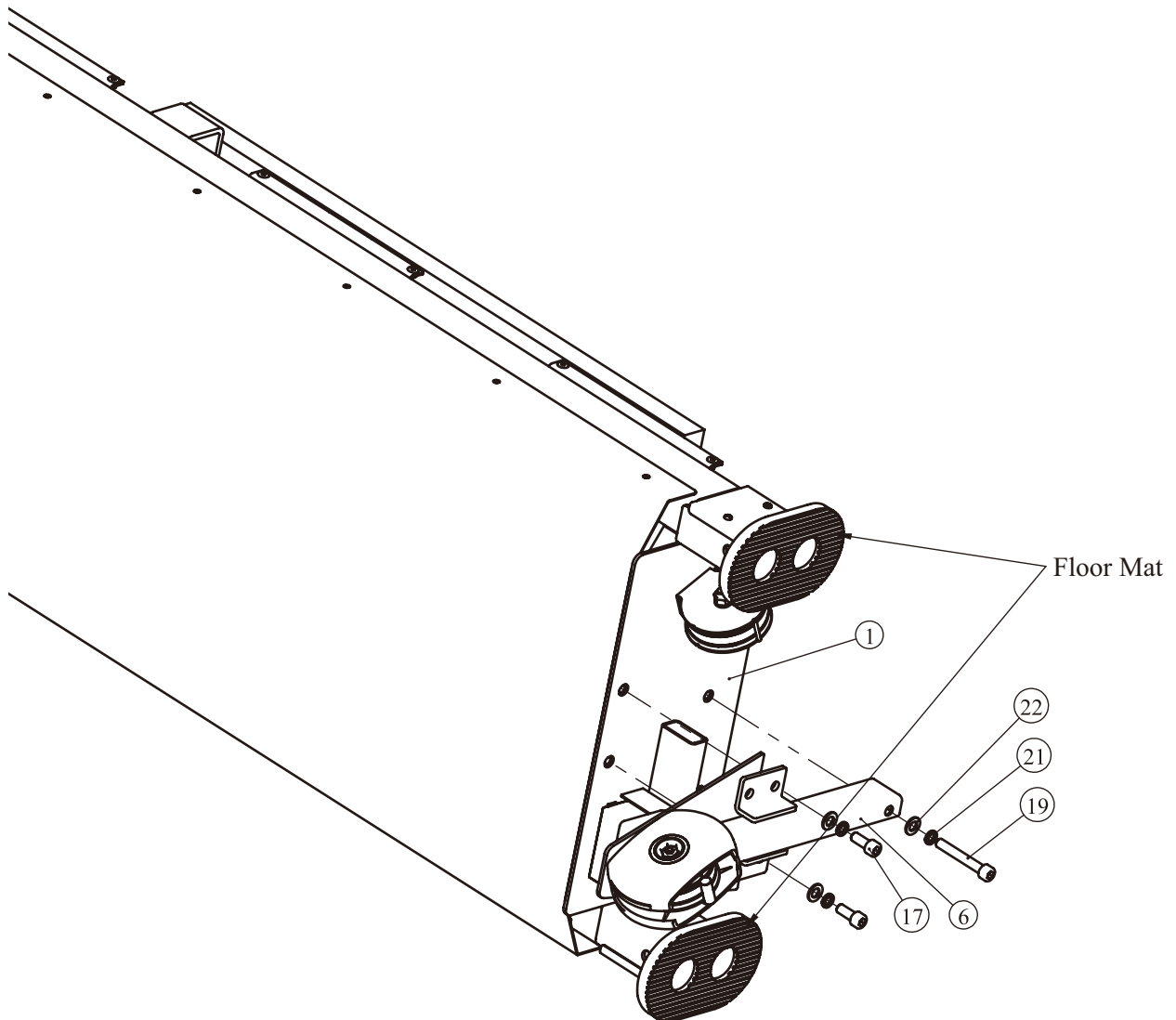
one Screw M10*70 (#19)

three Spring Washer $\Phi 10$ (#21)

three Flat Washer $\Phi 10$ (#22)

Tighten with a wrench S=8 (#24)

Note: If expansion bolts are used, remove the 2 floor mat, as is shown in.



Assembly

STEP 2

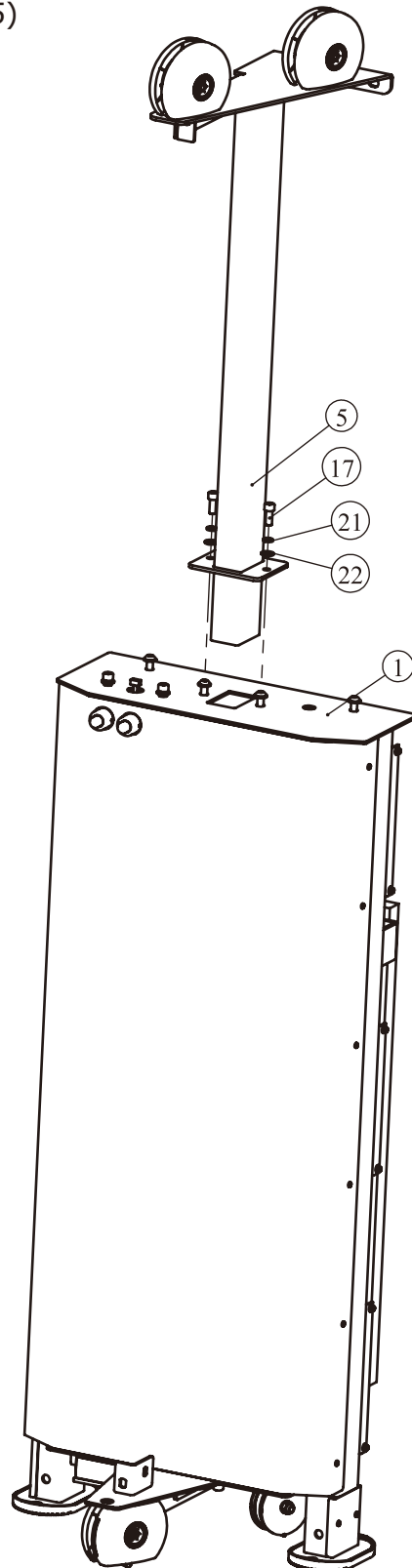
Install the Main Assy (#1) and Up Bracket Assy (#5) together, Use the following parts:

two Screw M10*25 (#17)

two Spring Washer $\Phi 10$ (#21)

two Flat Washer $\Phi 10$ (#22)

Note: Do not tighten the bolts.



Assembly

STEP 3

Install the Main Assy (#1) and Console Assy (#8) together, Use the following parts:

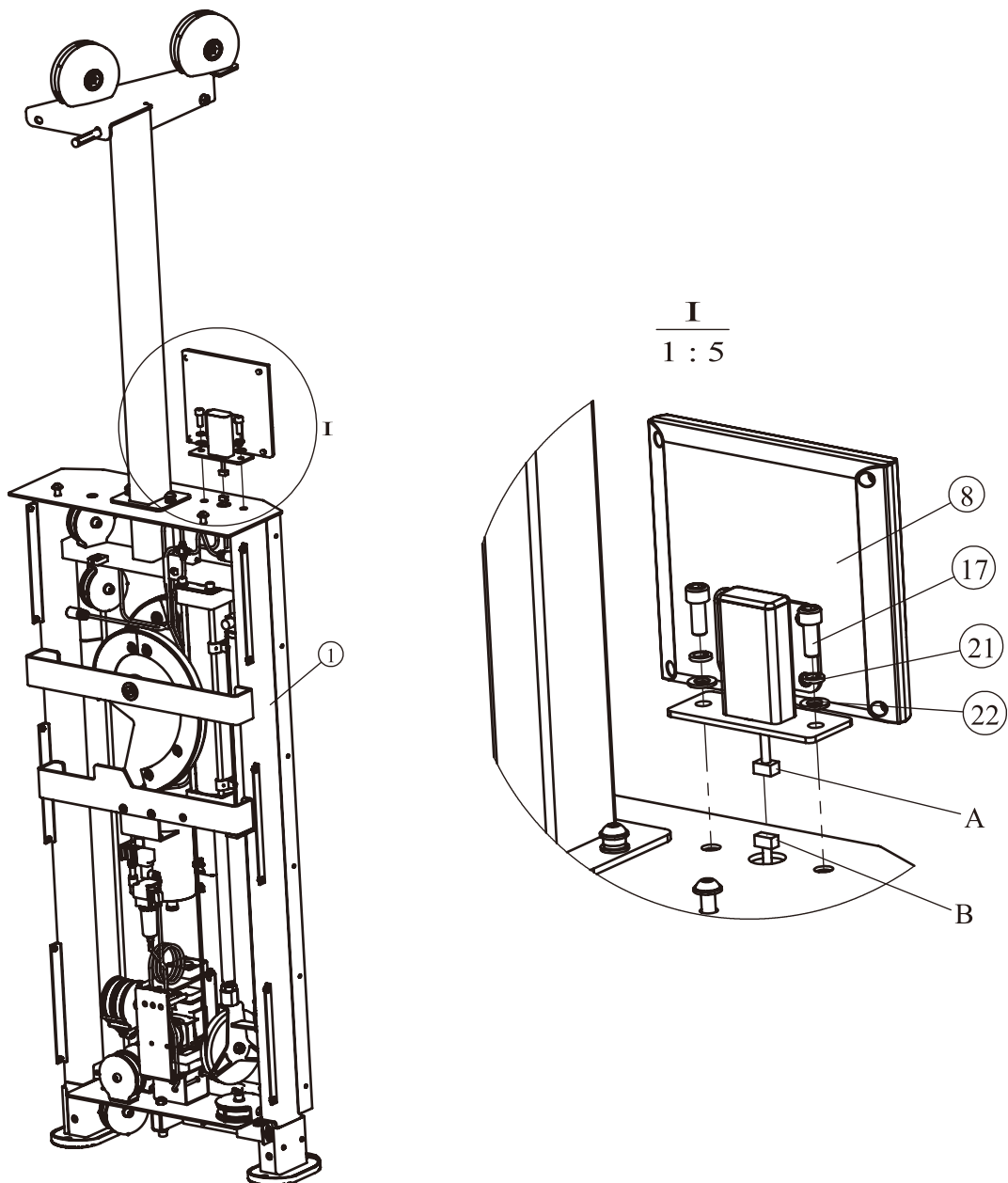
two Screw M10*25 (#17)

two pring Washer $\Phi 10$ (#21)

two Flat Washer $\Phi 10$ (#22)

Tighten with a wrench S=8 (#24)

Note: Insert the two connectors A and B before installation.



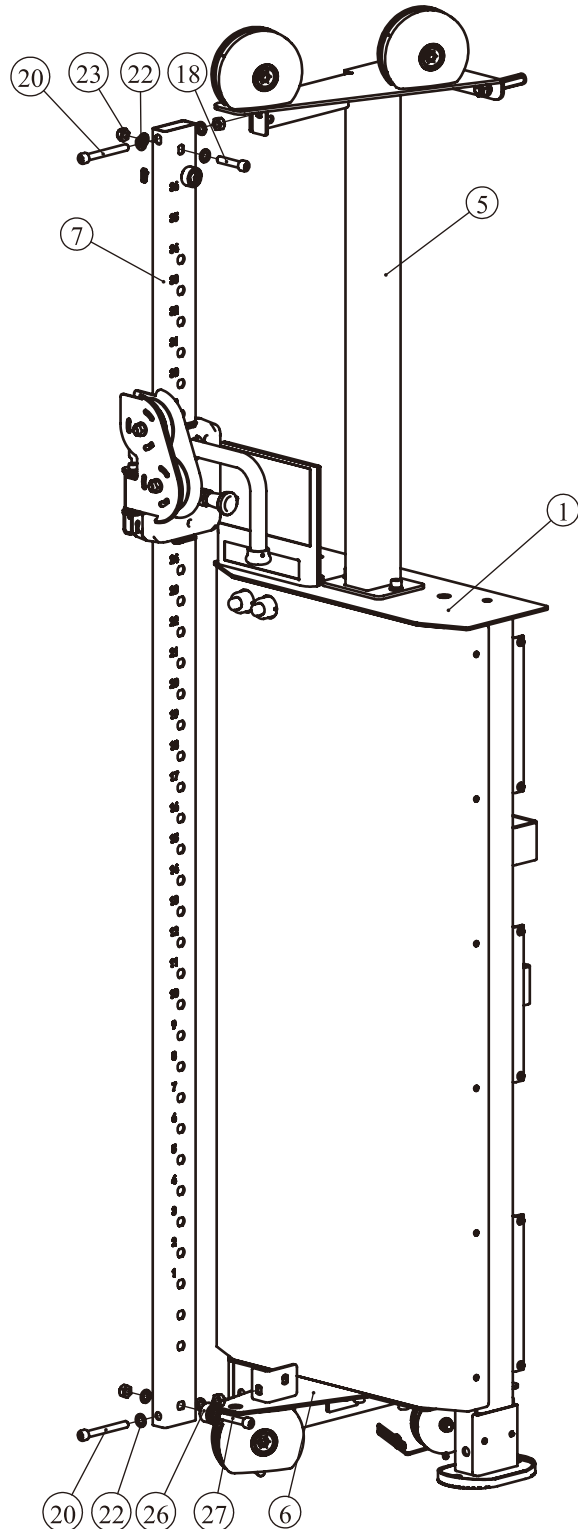
Assembly

STEP 4

Install the Main Assy (#1) and Slide Assy (#7) together, Use the following parts:

- two Screw M10*90 (#20)
- one Screw M10*55 (#27)
- one Screw M10*50 (#18)
- one Nylon Bush (#26)
- seven Flat Washer $\Phi 10$ (#22)
- four Nut M10 (#23)
- Tighten with a wrench S=8 (#24)

Note: Tighten the bolts of step 2.

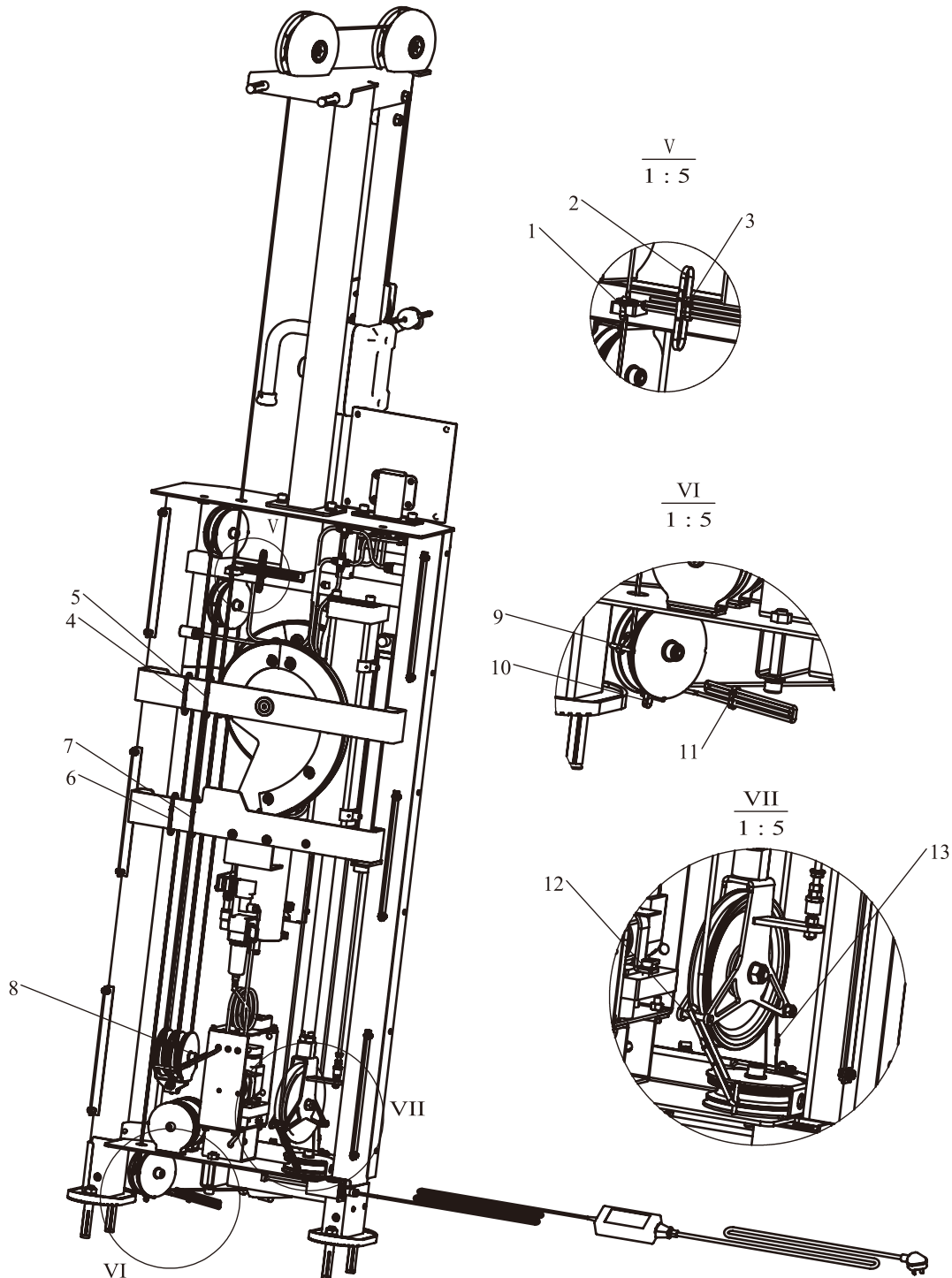


Assembly

STEP 5

Cut off the ties, as is shown in no 1-13.

Note: Do not cut the cable, cut all the ties.



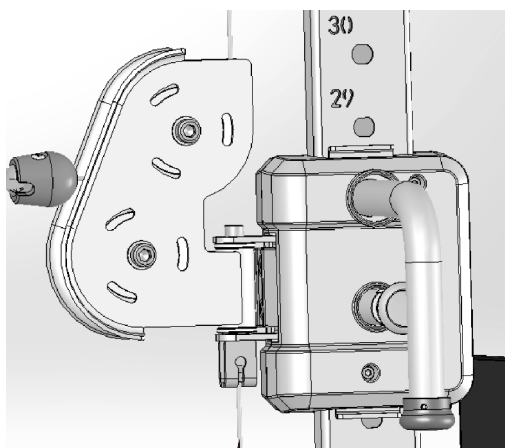
Assembly

STEP 6

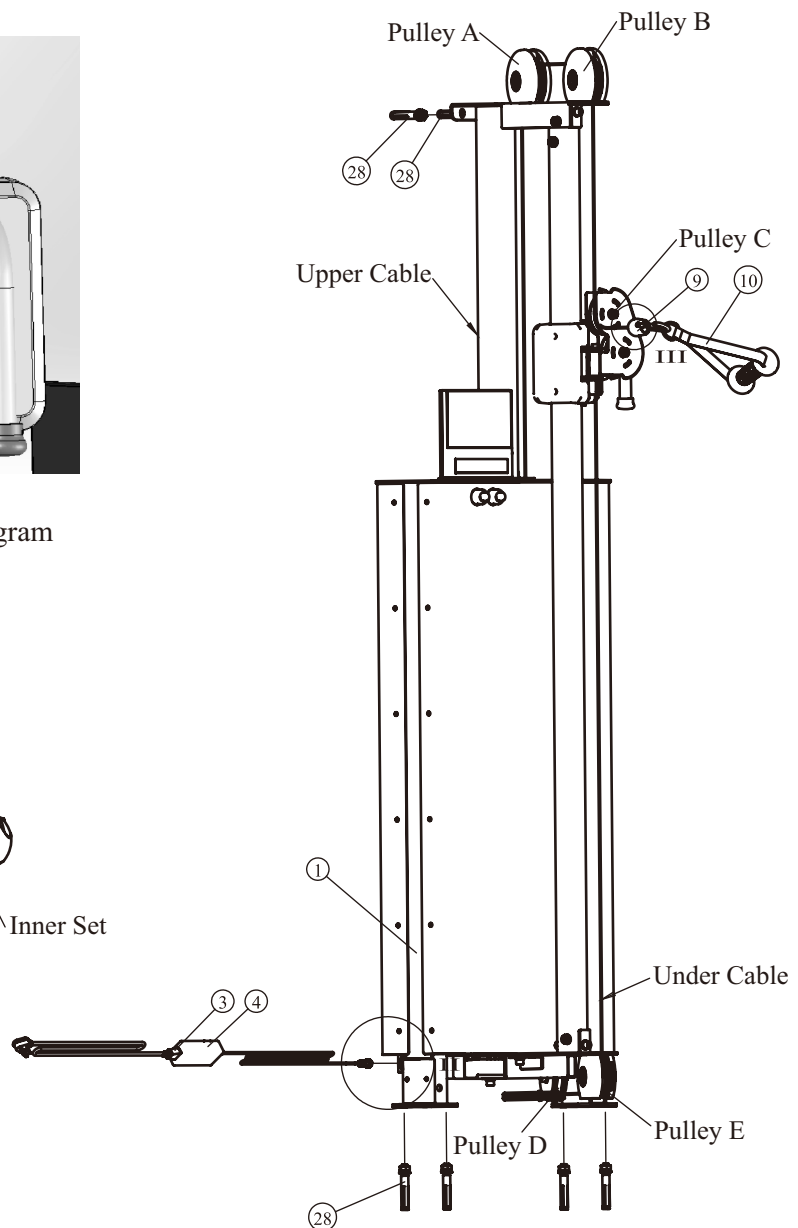
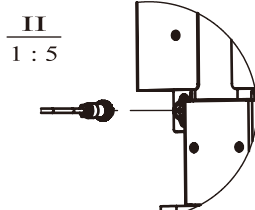
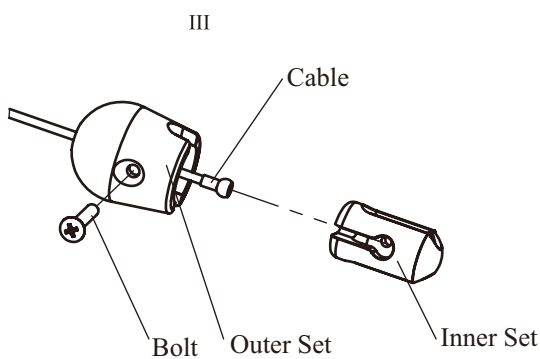
1. Slip the upper cable from pulley A and pulley B in the Strap Handle (#10), remove the screws before putting them in, put the cable into the outer set and then into the inner set, tighten the bolts (Refer to the attached figure).
2. Slip the under cable from pulley D and pulley E in the Swinging rack.
3. Install the Power Cable (#3) and Adaptor (#4) then install the splice of Main Assy (#1).

Note: Keep the cable away from the post.

If you need to fix the equipment to the wall, please use expansion bolts (#28).



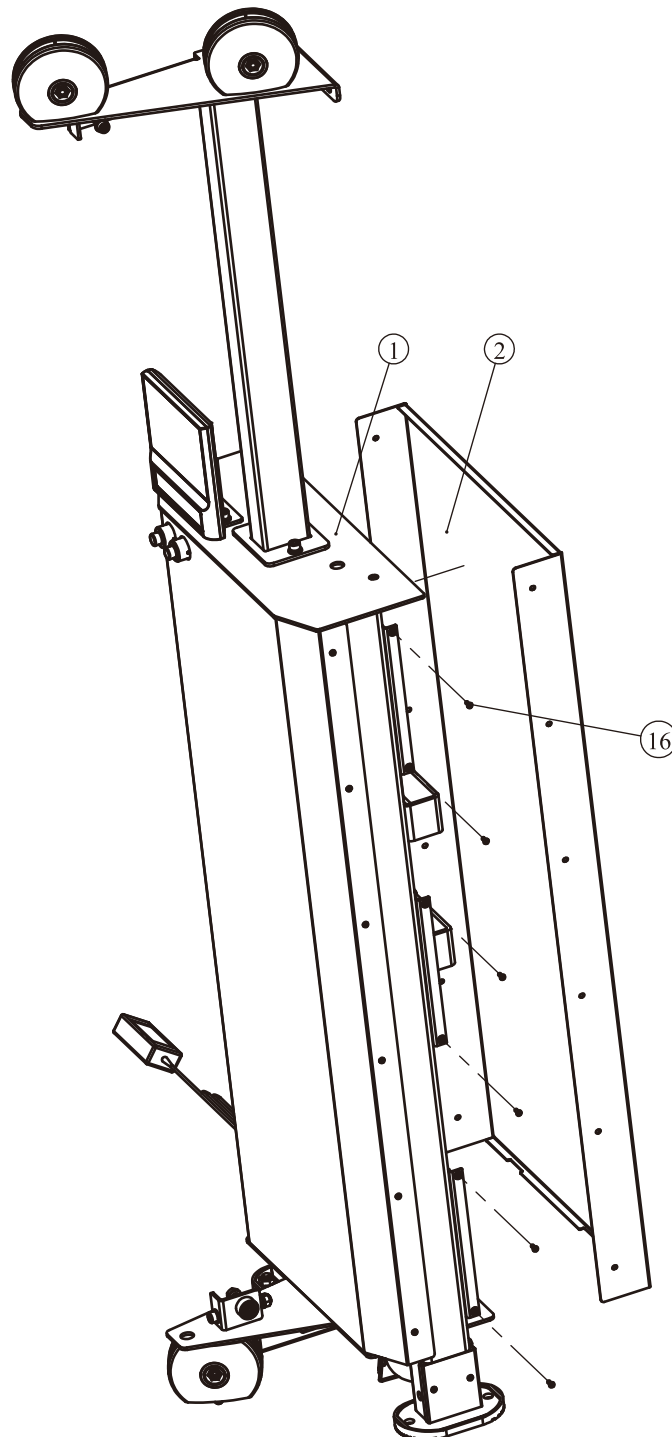
Under Cable Assemble Diagram



Assembly

STEP 7

Install the Main Assy (#1) and Back Cover (#2) together, Use the following parts:
twelve Pan Head Tapping Screws With Cross Recessed 4.2*13 (#16)

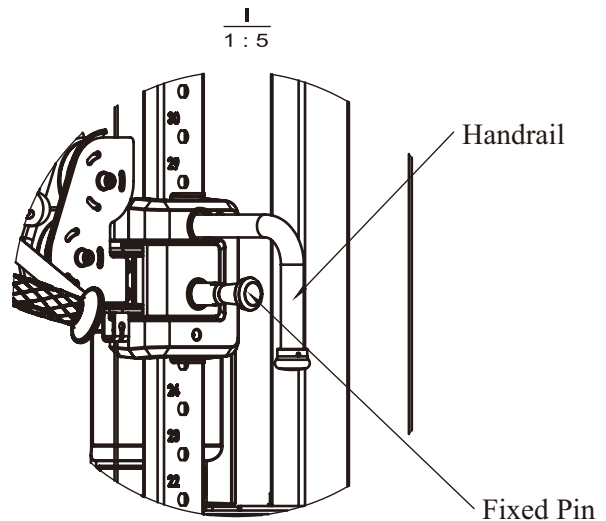


Adjust Instructions and Exercise Instructions

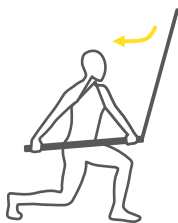
Adjust the pulley frame

Hold the handrail, lift the bolt, adjust the pulley frame to the right position, loosen the bolt and insert the bolt into the hole.

Note: Make sure the bolt has been inserted into the hole before use.



Exercise Instructions



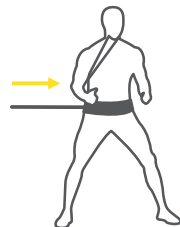
Rotational Press



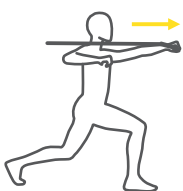
Jump



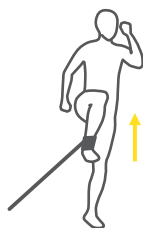
Hockey Shot



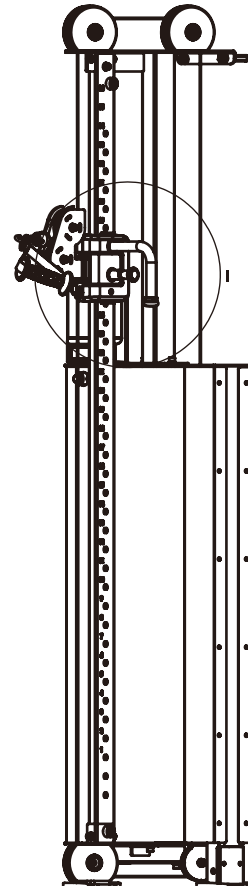
Lateral Shuffle



Alternating Punch



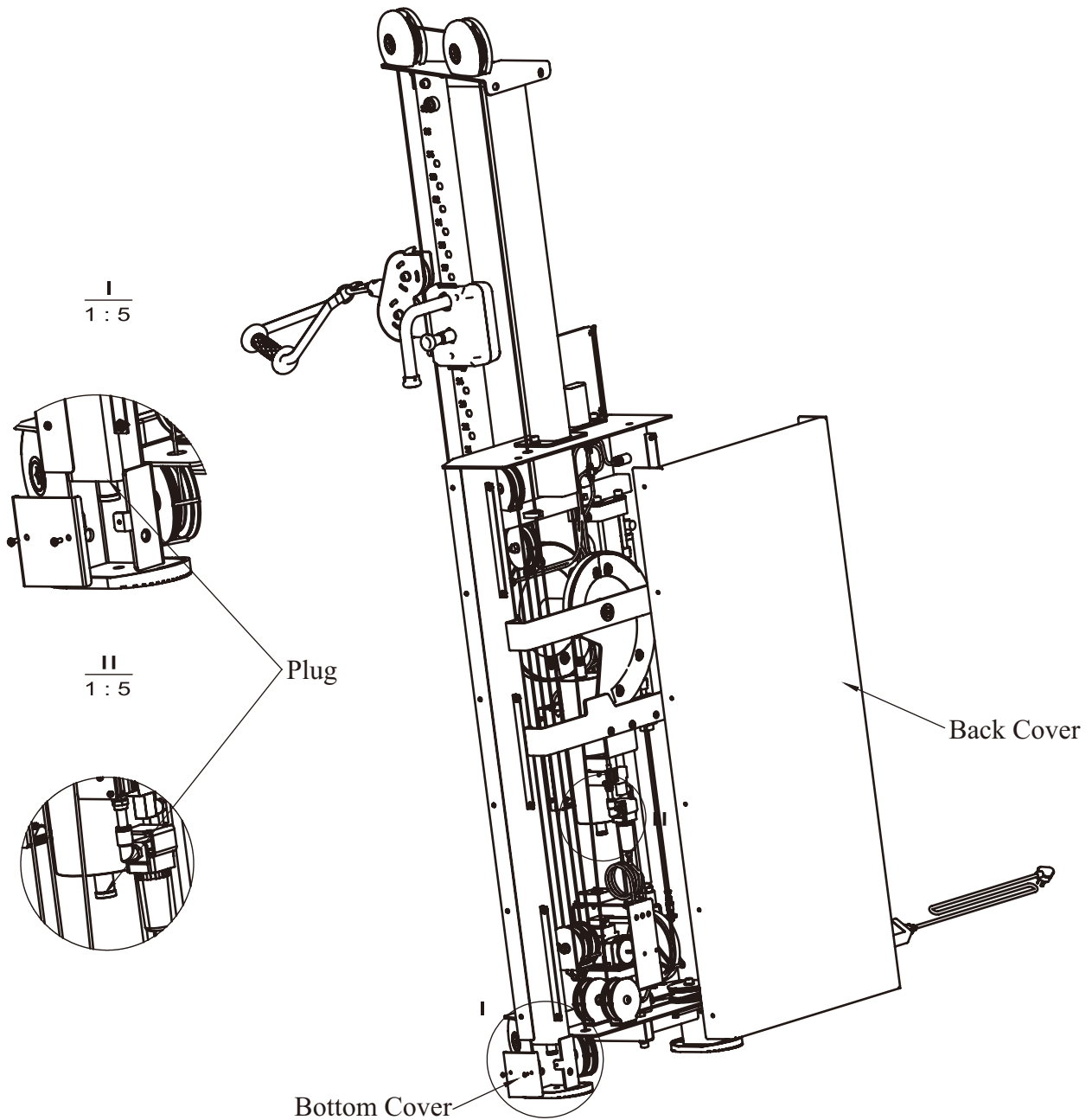
Hip Flexor



Maintenance Schedule

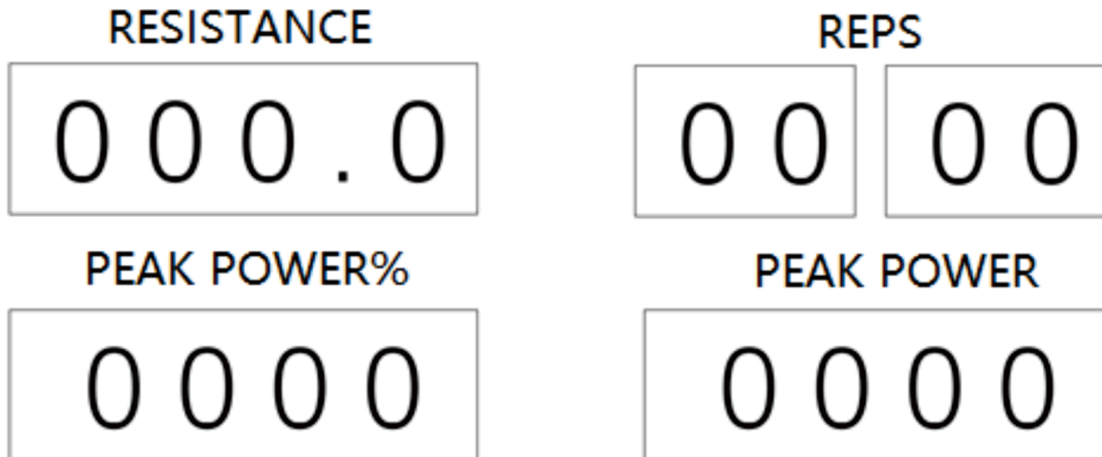
Every 6 months (use frequency can increase or decrease interval time), remove the bottom cover (there's one on each side) & back cover, then open the plug for draining the tank of water.

Note: Please place the water container in advance, preventing the water from dripping into the equipment.



Console Panel Functions

1. Definition of LED display interface of electronic watch:



Parameter display and function description

	range	unit
RESISTANCE	2.0—37.5(400Kpa)	Kg
REPS (left)	00-99	frequency
REPS (right)	00-99	frequency
PEAKPOWER%	000-100	%
PEAKPOWER	0000-9999	W

- 1.1 RESISTANCE: The resistance window displays the resistance value set by the user. Minimum adjusted variable 0.1, "OFF" is displayed in standby mode.
- 1.2 REPS (left/right): The left and right windows of single air resistance products are linked to display a set of values simultaneously. (The left and right times window of the double air resistance product respectively display the corresponding exercise times.)
- 1.3 PEAKPOWER: Display the maximum power output value of a single user in all training times this time. When a new power peak (maximum) appears, it will replace the current value.
- 1.4 PEAKPOWER%: Display the ratio of the user's latest power value to the peak power (percentage).
- 1.5 Usage mode: someone uses, the screen lights up, and each window displays the corresponding content.

Console Panel Functions

2. Resistance increase/ decrease and data reset

- 2.1 Standby mode: After no one uses it for 60 seconds, the system enters standby mode and all display windows are cleared. The resistance window displays "OFF" and turns off the screen.
- 2.2 Switch from standby mode to use mode: pull the instrument or press any key to adjust the air pressure to start the use mode. Each display window shows the initial state, and the resistance shows the current actual resistance value.
- 2.3 On the right is the + button to increase the resistance, pressing is to increase the resistance.
- 2.4 On the left is the button for resistance reduction, it reduces resistance when pressed.
- 2.5 Hold down the "+" and "-" adjustment buttons with both hands at the same time to reset the current exercise data.

3. product failure judgment

3.1 General error

When an error occurs, the resistance value window will alternately display the error code every 2 seconds until the error is eliminated from the detection (Note: If a false alarm occurs, the second detection is normal, and the error code will not be displayed later.)

The error code is as follows:

E001

The gas storage part reports an error

Including: 1. damage to the small air compressor system, 2. air leakage in the air storage circuit, 3. damage to the electromagnetic pressure relief valve.

E002

Increased resistance error

Including: 1. Damage to the refueling valve, 2. leakage of the refueling gas path, 3. damage to the movement cylinder.

E003

Reduce gas system errors

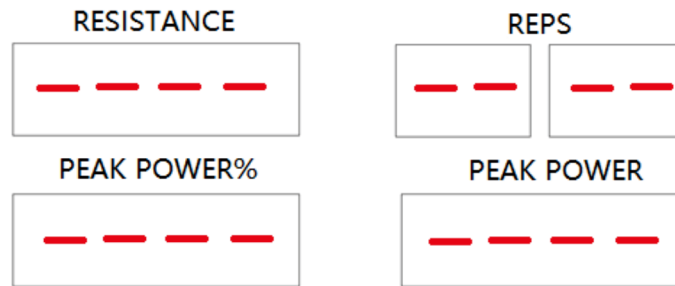
Including: 1. Damaged air reducing valve, 2. Damaged air circuit of reducing air, 3. Leakage of moving cylinder.

Console Panel Functions

3.2 Other errors

3.2.1 Communication error, display interface is ----

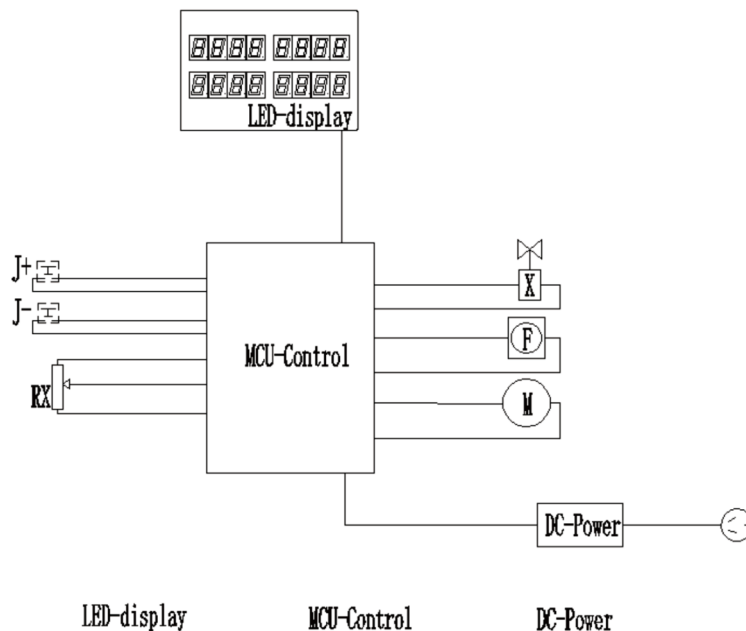
Including: 1. No signal for data transmission between upper and lower control,
2. abnormal contact of communication line terminal.



3.2.2 The frequency data cannot change normally during exercise: the position sensor is faulty.

3.2.3 Press the air and air buttons, and the resistance window value does not change: the air and air buttons are stuck or malfunction.

4. Electrical schematic diagram



J+: Refill button J-: Reduce gas button RX: Position sensor
X: Electromagnetic gas control valve M: Mini air compressor
F: cooling fan

