

HSP-PRO001

FUNCTIONAL TRAINER

OWNER'S MANUAL

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

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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.

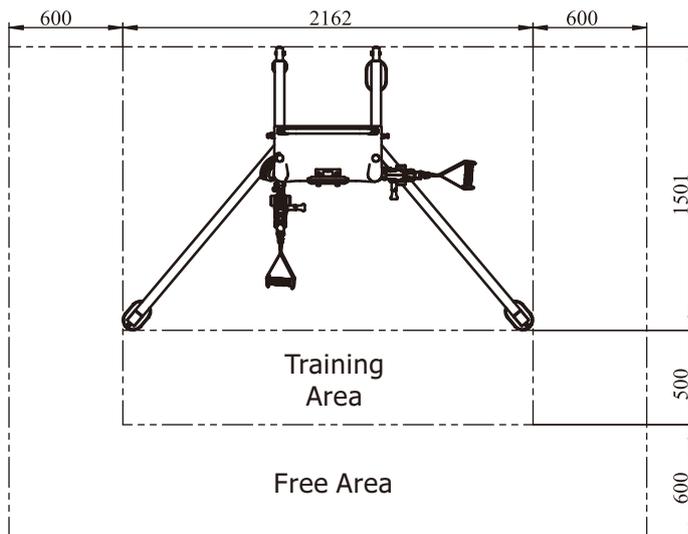
Important Safety Instructions

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: 25kg/ 55lbs

Product Dimension: 2162*1501*1640mm

Product Total Space: 3004*1932*2400mm

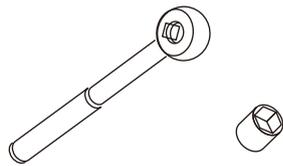
Product Total Mass: 148.5kg/ 327lbs

Instructions

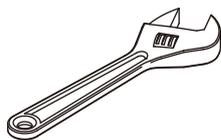
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

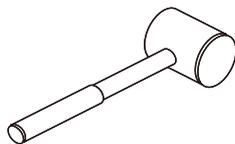
Tools Required



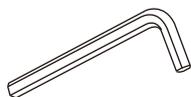
Ratchet Wrench and Socket



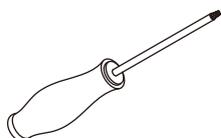
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

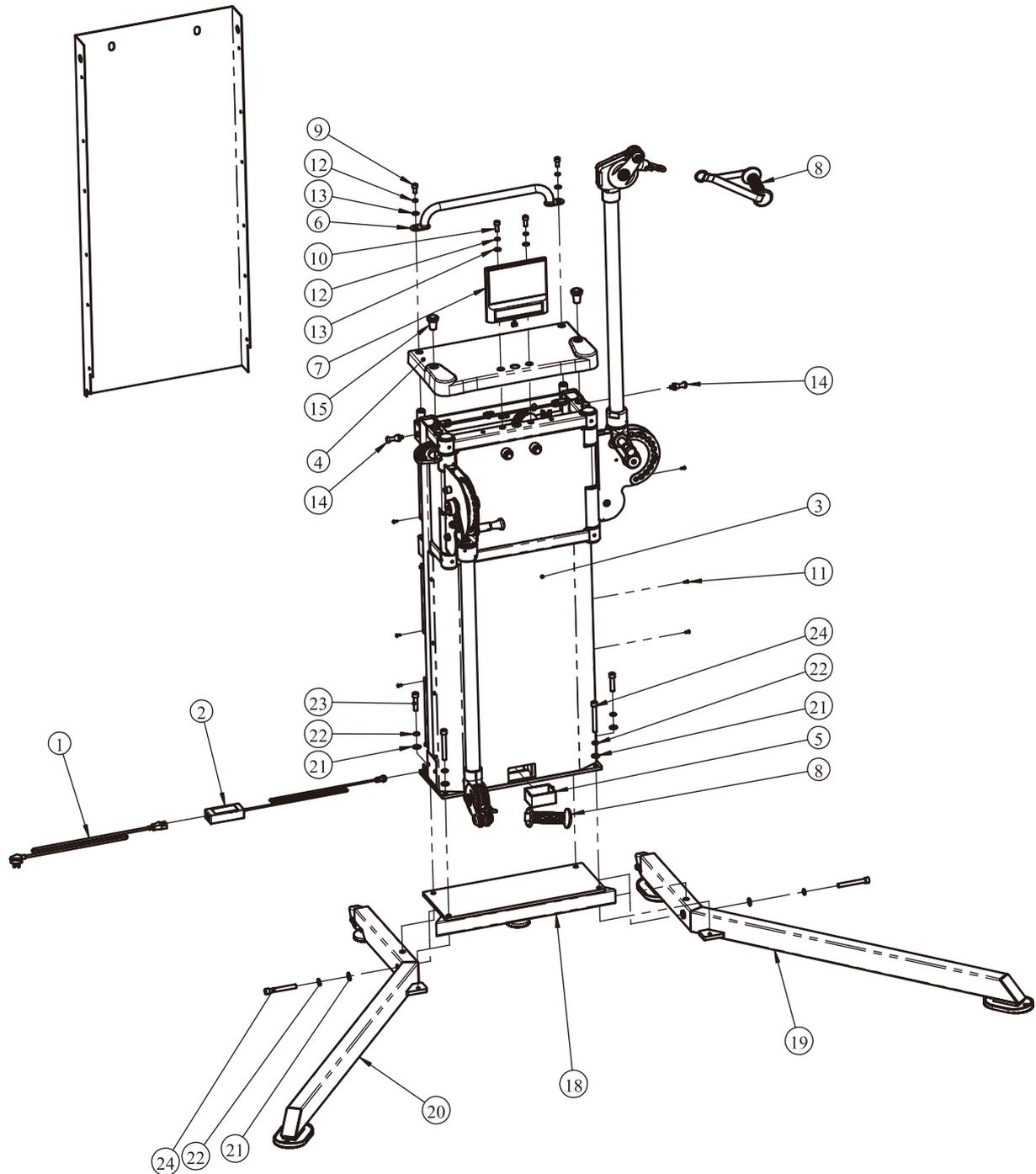
Exploded View and Parts List

Overall

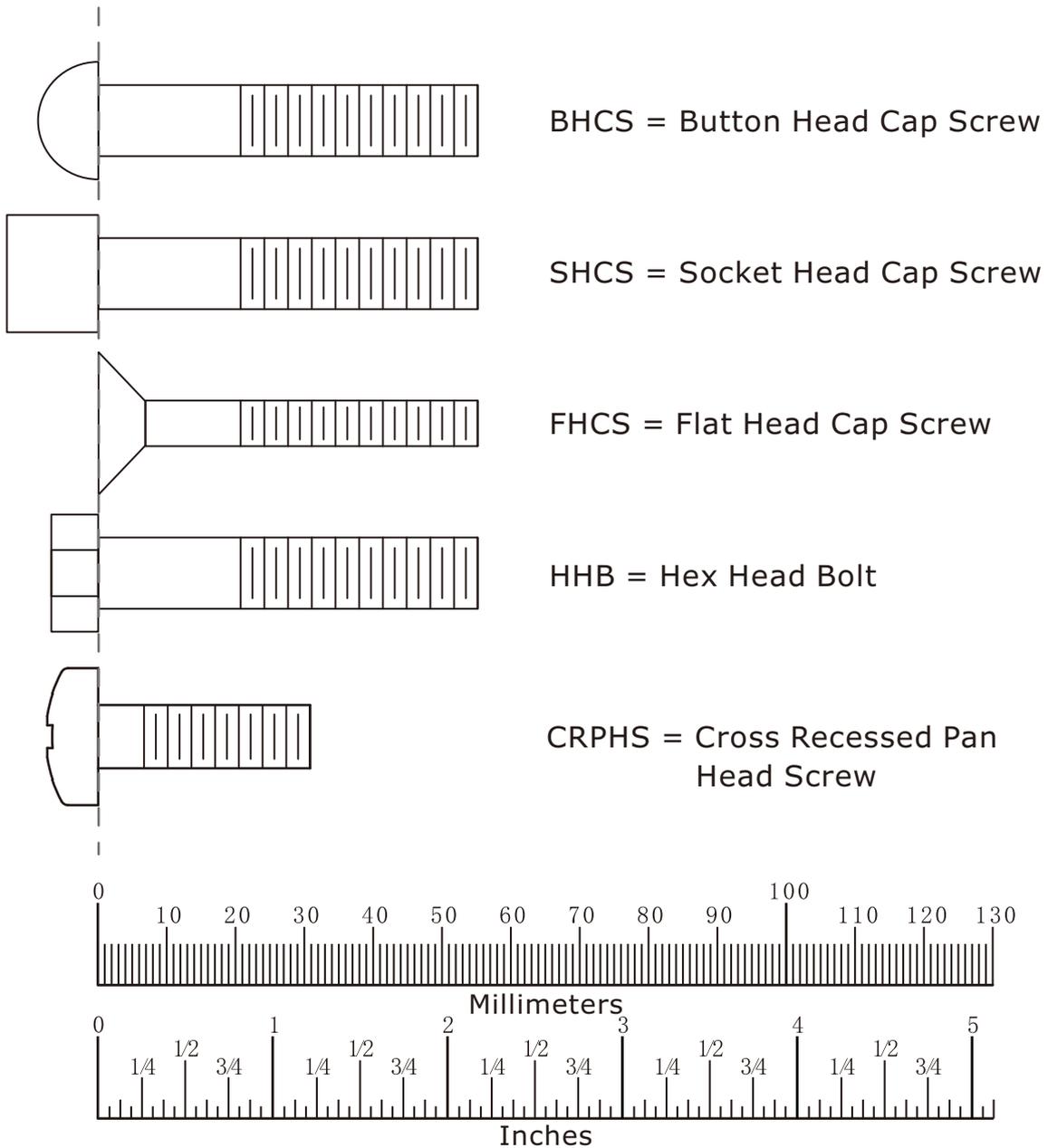
Item No.	Part No.	Description	QTY
1	A09-5	Power Cable	1
2	DQSPQ24V6A	Adaptor	1
3	HSP-PRO00101ASSY	Main Assy	1
4	HSP-PRO0014800	Top Cover	1
5	HSP-PRO0025900	Water Box	1
6	HSP-PRO0015000	Handle	1
7	HSP-PRO00205ASSY	Console Assy	1
8	CG60006100V2	Strap Handle	2
9	GB70M10*20DHS20NL	Socket Head Cap Screw	2
10	GB70M10*25DHS20NL	Socket Head Cap Screw	2
11	GB845ST4.2*13DHS	Cross Recessed Pan Head Self-drilling Tapping Screw	6
12	GB9310DHS12	Spring Washer	4
13	GB9510DHS2	Flat Washer	4
14	IT95274400	Hanger Column	2
15	CWRVL0052100P116C	Adjustable Handle	2
16	NBS8DHS	Hex Key	1
17	LW200BS	Wrench	1
18	HSP-PRO00102ASSY	Middle Base Assy	1
19	HSP-PRO00103ASSY	Left Base Assy	1
20	HSP-PRO00104ASSY	Right Base Assy	1
21	GB9512DS2	Flat Washer	6
22	GB9312DS12	Spring Washer	6
23	GB70M12*50DS20NL	Socket Head Cap Screw	2
24	GB70M12*95DS20NL	Socket Head Cap Screw	4
25	NBS10DHS	Hex Key	1

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

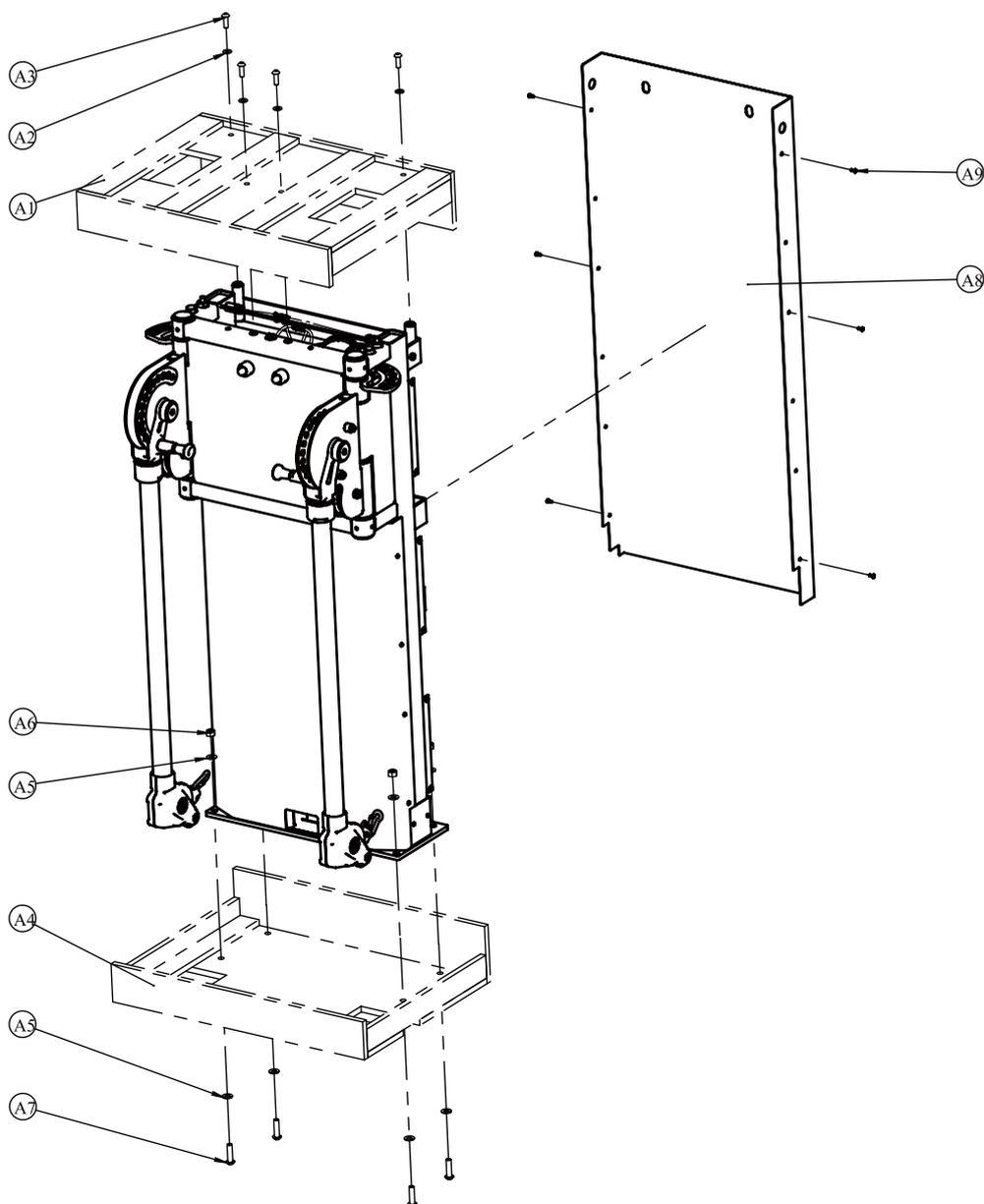
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Remove four Flat Washer $\Phi 10$ (#A2) & four BHCS M10*30 (#A3), then remove the Top Plates Assy (#A1).
2. Remove four Nylon lock Nut M12 (#A6) & eight Flat Washer $\Phi 12$ (#A5) & four BHCS M12*45 (#A7), then remove the Base Plate (#A4).
3. Remove six Cross Recessed Pan Head Self-drilling Tapping Screw ST4.2*13 (#A9), then remove the Back Cover (#A8).

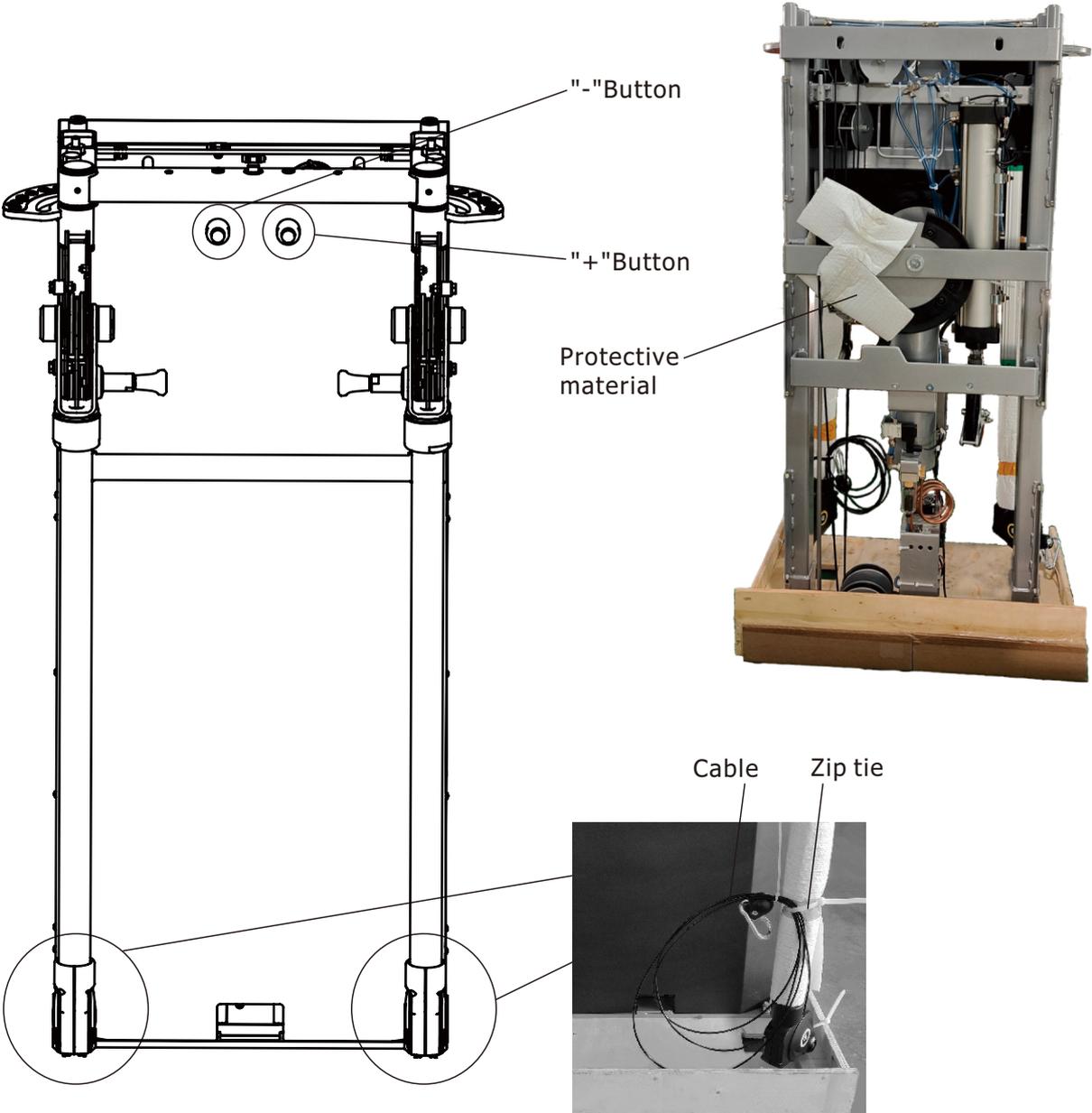
Note: six Cross Recessed Pan Head Self-drilling Tapping Screw ST4.2*13 (#A9) must not be discard for reassemble use.



Assembly

STEP 2

Remove the zip tie and protective material as shown in the picture and then plug in the power, after 2 minutes, press "+" button twice to add air into the piston, let the cable slowly go back in the main frame, after the cable go back completely, please unplug the power.



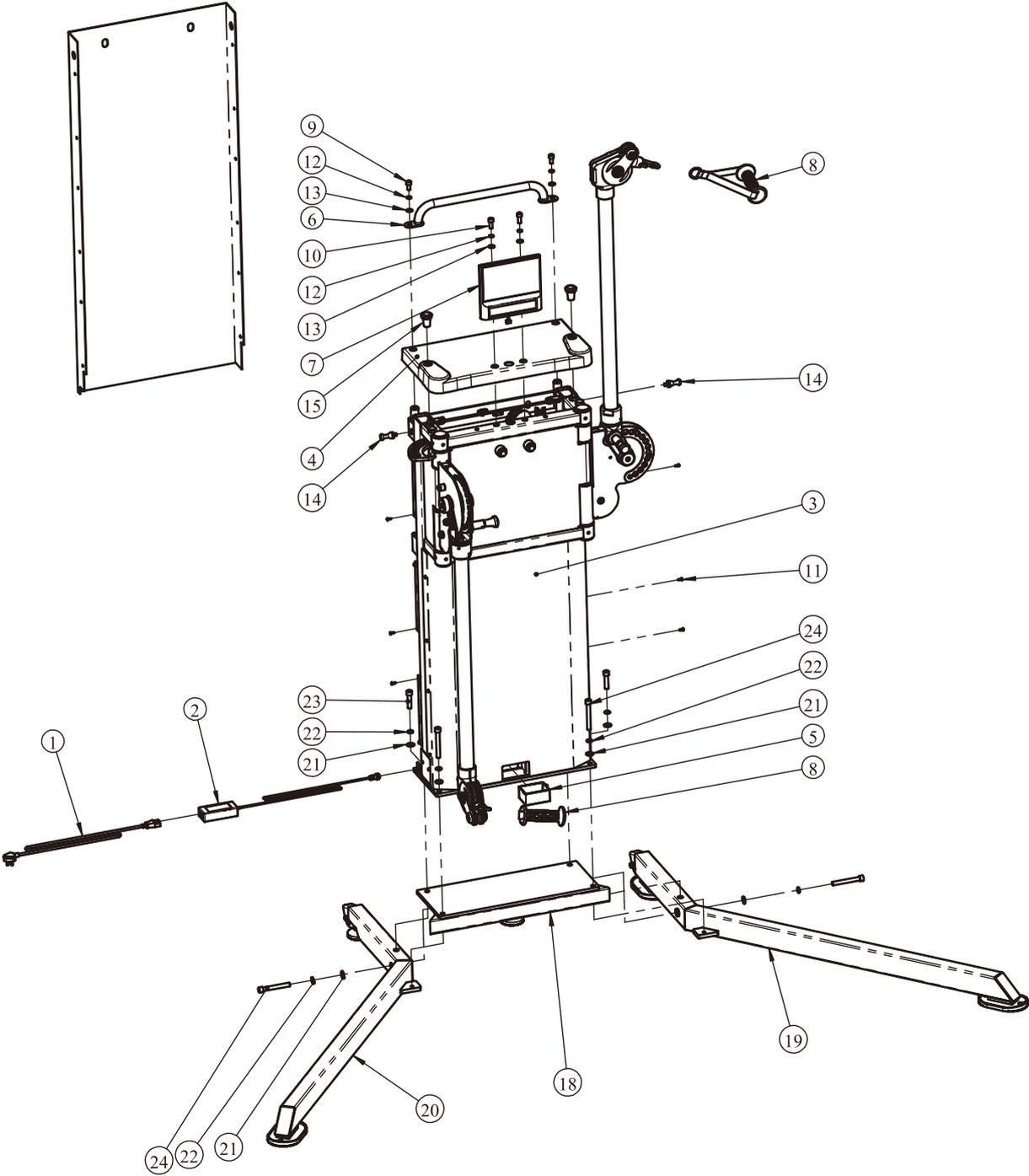
Assembly

STEP 3

1. Attach the Left Base Assy (#19) & Right Base Assy (#20) to the Middle Base Assy (#18), using:
 - two Flat Washer $\Phi 12$ (#21)
 - two Spring Washer $\Phi 12$ (#22)
 - two SHCS M12*95 (#24)
 2. Attach the Main Assy (#3) to the Base Assy (#18~20), using:
 - four Flat Washer $\Phi 12$ (#21)
 - four Spring Washer $\Phi 12$ (#22)
 - two SHCS M12*50 (#23)
 - two SHCS M12*95 (#24)
 3. Attach Back Cover (#A8) to the Main Assy(#3), using:
 - six Cross Recessed Pan Head Self-drilling Tapping Screw ST4.2*13 (#11)
 - six Cross Recessed Pan Head Self-drilling Tapping Screw ST4.2*13 (#A9, removed from step 1)Attach two Hanger Column (#14) to the Main Assy (#3).
 4. Attach Top Cover (#4) to the Main Assy (#3).
 5. First connect the two wire terminals together Then attach Console Assy (#7) to the Main Assy (#3), using:
 - two Flat Washer $\Phi 10$ (#13)
 - two Spring Washer $\Phi 10$ (#12)
 - two SHCS M10*25 (#10)
- Note: Don't squeeze the wire.**
6. Attach Handle (#6) to the Main Assy (#3), using:
 - two Flat Washer $\Phi 10$ (#13)
 - two Spring Washer $\Phi 10$ (#12)
 - two SHCS M10*20 (#9)
 7. Attach two Adjustable Handle (#15) & two Strap Handle (#8) to the Main Assy (#3).
 8. Attach Power Cable (#1) & Adaptor (#2) to the Main Assy (#3).
 9. Attach Water Box (#5) to the Main Assy (#3).

Assembly

STEP 3



Adjust Instructions and Exercise Instructions

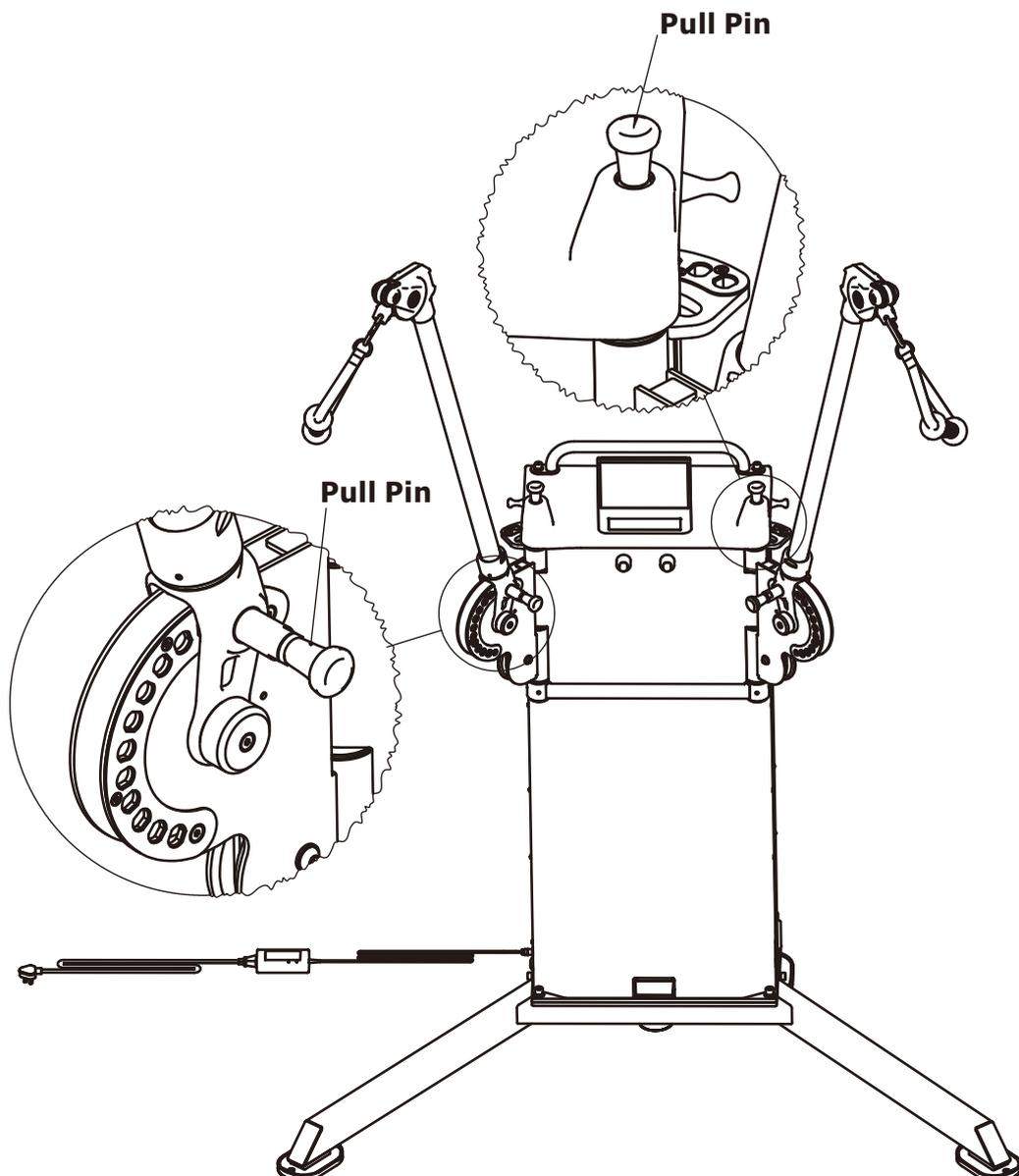
1. Rod body assy up and down adjustment

Pull the Pull Pin out of the elastic bolt assy with your finger, adjusting the rod body assy up or down to a suitable position, and then loosen the Pull Pin, inserting the Pull Pin head into the corresponding hole position.

2. Swing arm discassy left and right adjustment

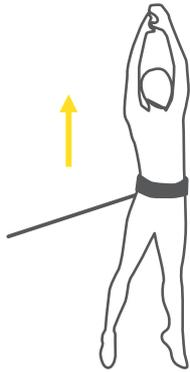
Pull the Pull Pin out of the elastic bolt assy with your finger, adjusting the left/right swing arm disc assy left/right or back to a suitable position, and then loosen the Pull Pin, inserting the Pull Pin head into the corresponding hole position.

Note: Make sure that the Pull Pin has been inserted into the hole before use.

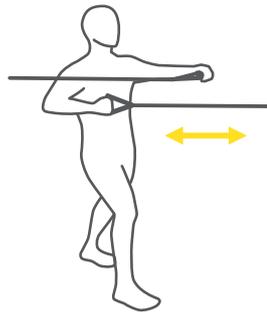


Adjust Instructions and Exercise Instructions

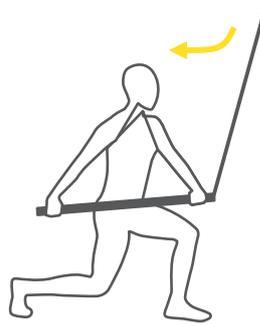
Exercise Instructions



Jump



Push & Pull



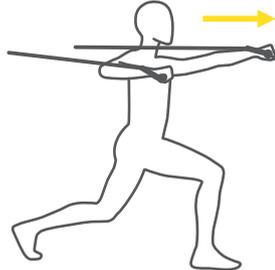
Rotational Press



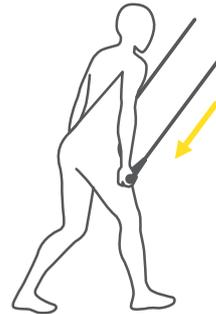
Squat & Press



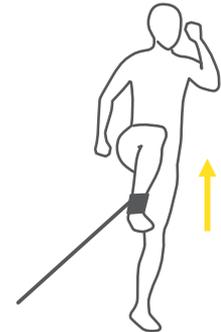
Lunge & Press



Alternating Punch



Swimmer Stroke

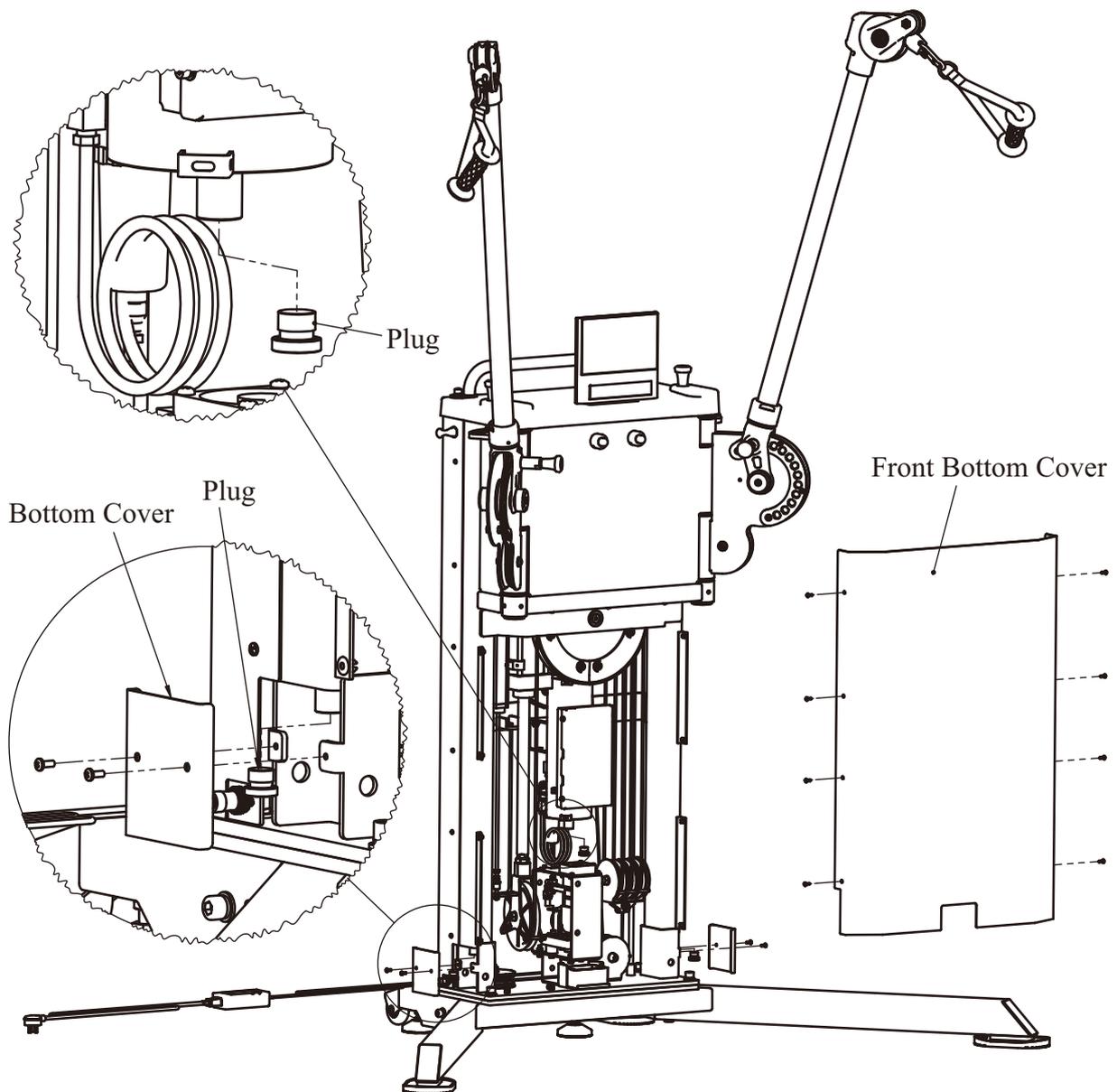


Hip Flexor

Maintenance Schedule

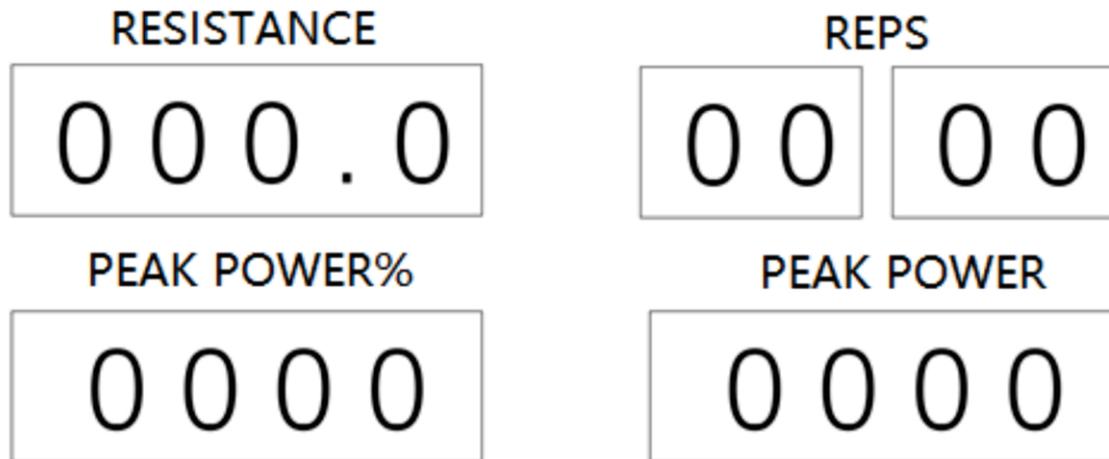
Every 6 months (use frequency can increase or decrease interval time), remove the bottom cover (there's one on each side) & front-bottom cover, then open the end cap for draining the tank of water.

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—25	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 ----

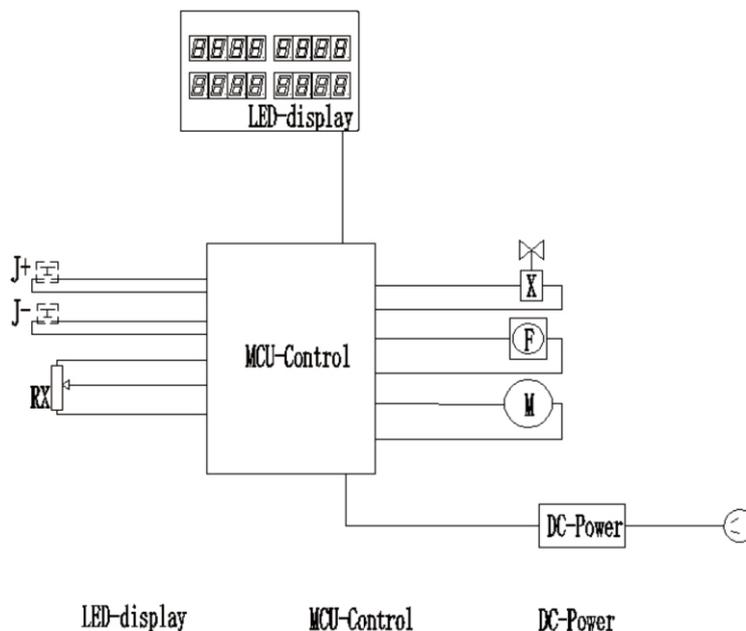
- Including: 1. No signal for data transmission between upper and lower control,
2. abnormal contact of communication line terminal.



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

