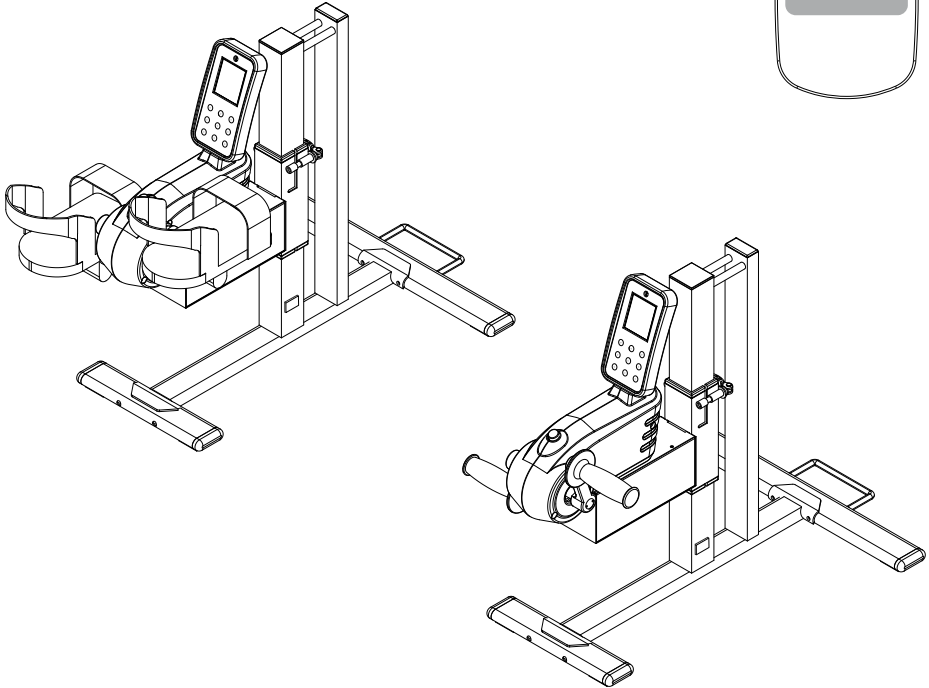


# MOTORIZED EXERCISER

## MODEL: RE-X3 TRAINER



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Read and understand all instructions thoroughly before using the exerciser

RETAIN OWNER'S MANUAL FOR FUTURE REFERENCE

# IMPORTANT PRECAUTIONS



**IMPORTANT:** Read all instructions and warnings before using the exerciser.

## IMPORTANT SAFETY INSTRUCTIONS

- Stop exercise if you feel faint, dizzy, or experience pain at any time.
- Disconnect all power before servicing the exerciser.
- Connect the machine to a properly grounded outlet only.
- Do not operate electrically powered exerciser in damp or wet locations.
- Inspect the exerciser for worn or loose components before each use.
- Do not operate the exerciser if:
  1. The power cord is damaged.
  2. the exerciser is not working properly.
  3. The exerciser has been dropped or damaged.
- Read and understand this owner's manual completely before using.
- Set up and operate the exerciser on a solid, level surface.
- Do not modify the exerciser in any way.
- Maximum user's weight : 100kgs.
- Machine weight: 12kgs.

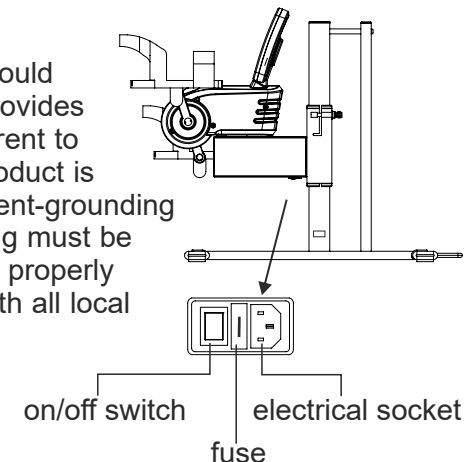
## IMPORTANT VOLTAGE INFORMATION !

Before plugging the power cord into an electrical outlet, verify that the voltage requirements for your area match the voltage of the exerciser that you have received.

Check with your dealer for the exact voltage requirements.  
Use of wrong voltage will damage the exerciser.

## GROUNDING INSTRUCTIONS

This exerciser must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



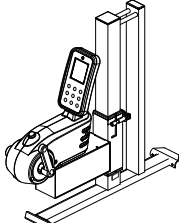
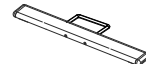
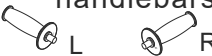
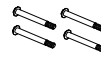

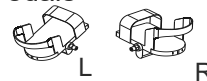



# UNPACKING & ASSEMBLY

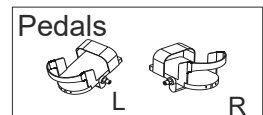
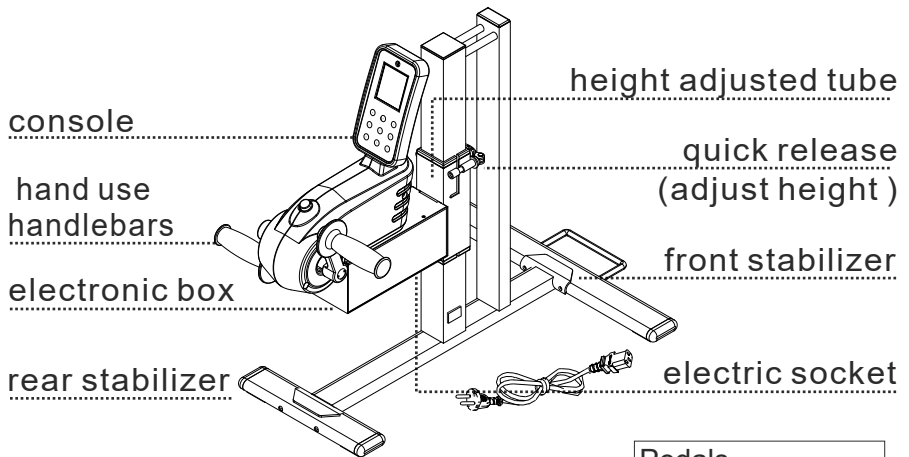
## UNPACKING

**⚠ WARNING :** Use caution when assembling the exerciser. Failure to do so could result in injury.

**NOTE:** Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the exerciser.

1. Unpack the carton and take out all of the separated parts outside the carton.
2. Keep all packing materials for possible future need.

	<b>Front stabilizer</b> 	<b>Hand use handlebars</b> 	<b>M8 Bolt</b>  X4pcs
	<b>Rear stabilizer</b> 	<b>Pedals</b> 	<b>Power cord</b> 
	<b>Remote controller</b> 		<b>Wrench</b> 

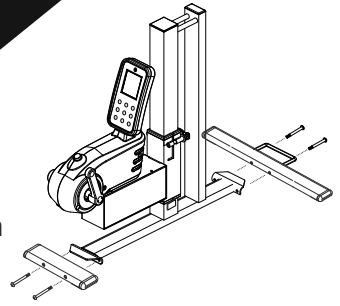


# UNPACKING & ASSEMBLY

## ASSEMBLY

### ASSEMBLE TWO STABILIZERS

Secure two stabilizers to the main body with four M8 bolts by using the Allen wrench (Tighten the bolts).



### ASSEMBLE PEDALS or HAND USE HANDLEBARS

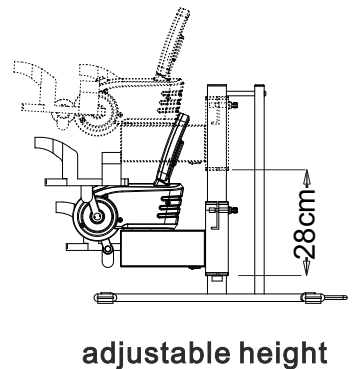
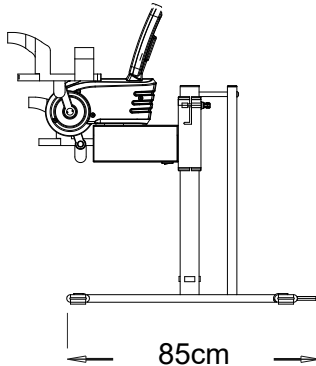
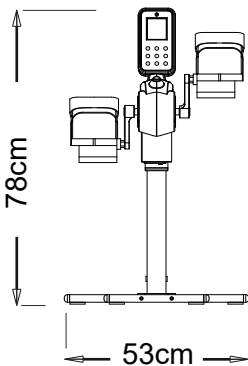
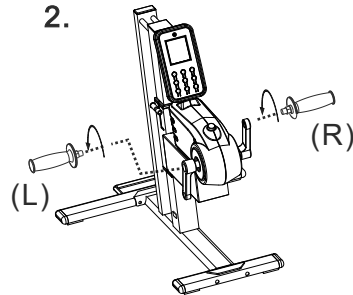
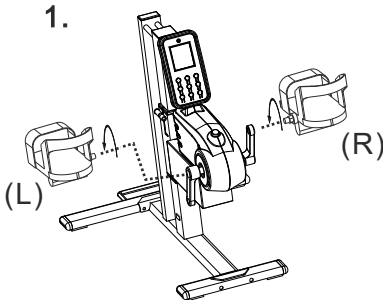
#### ASSEMBLE PEDALS

1. Assemble "R" pedal at right side by using the wrench.  
Assemble "L" pedal at left side by using the wrench.



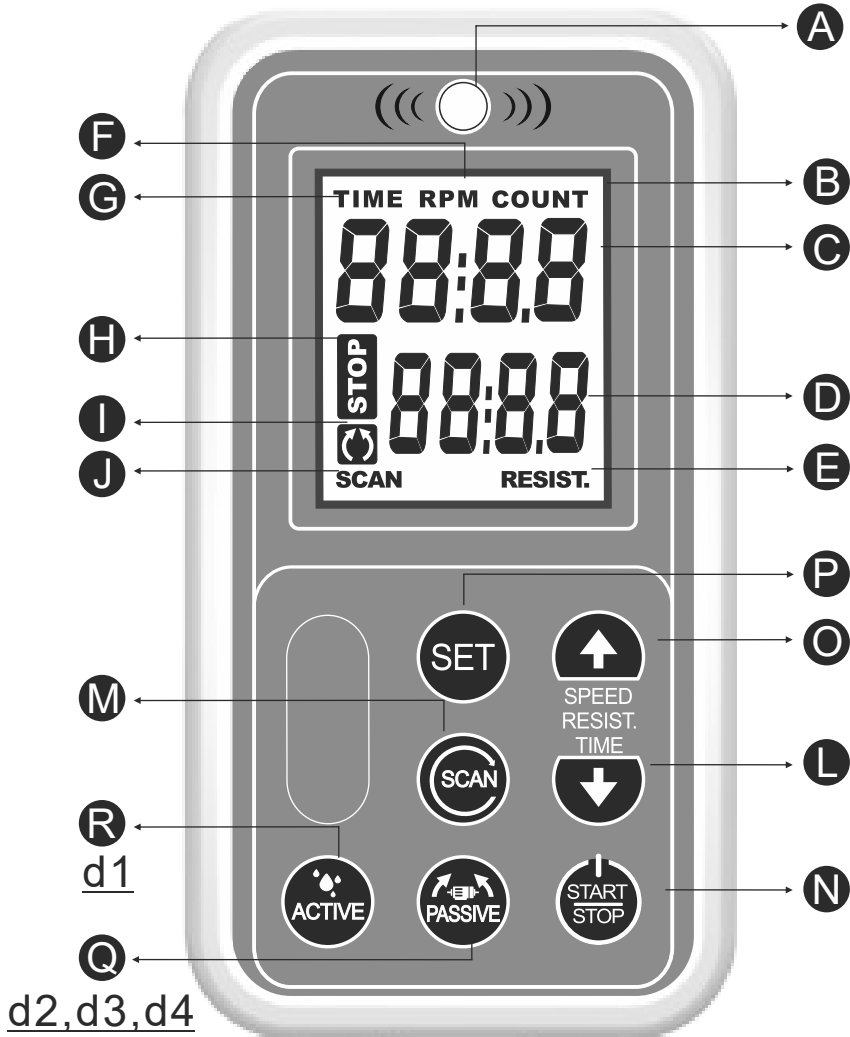
#### ASSEMBLE HAND USE HANDLEBARS

2. Assemble "R" hand use handlebar at right side by using the wrench.  
Assemble "L" hand use handlebar at left side by using the wrench.

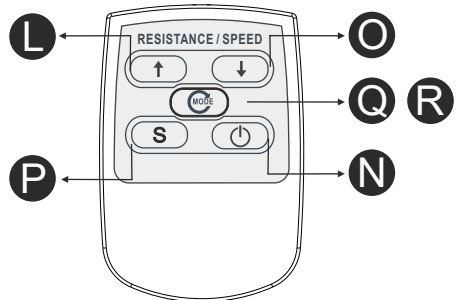


# COMPUTER OPERATIONS

## CONTROL PANEL FUNCTION









- d1: ACTIVE MODE
- d2: PASSIVE FORWARD MODE
- d3: PASSIVE REVERSE MODE
- d4: ACTIVE PASSIVE FWD MODE (ASSIST. MODE)




# COMPUTER OPERATIONS

## CONTROL PANEL FUNCTION

- A) INFRARED RECEIVER: Receive the signal from remote controller
- B) COUNT: Indicate number of turns
- C) DIGITAL DISPLAY: Indicate time/RPM/count
- D) DIGITAL DISPLAY: Indicate resistance/RPM(speed)/  
E1(SPASM or over speed protection)
- E) RESISTANCE: Indicate the level of resistance – 1~10 level at d1  
active resistive training and d4 active passive FWD  
training
- F) RPM: Revolutions per minute (SPEED)
- G) TIME: Indicate countdown time you exercise – 5~30 minutes
- H) STOP: Temporary stop
- I)  : REVERSE at d3
- J) SCAN: Scan each display data per 3 seconds
- L) ↓ SPEED DOWN KEY: set workout time/adjust RPM(speed) down  
adjust resistance down/set PRESET RPM  
(speed) at d4
- M)  : Press to scan
- N)  : Start/stop exercise, screen wake up
- O) ↑ SPEED UP KEY: set workout time/adjust RPM(speed) up  
adjust resistance up/set PRESET RPM(speed) at d4
- P)  : reset/enter PRESET RPM(speed) setting at d4/Press to reset  
while showing E1/switch time-speed setting/switch  
time-resistance setting
- Q)  : press to set :  
d2 (PASSIVE FORWARD MODE)  
d3 (PASSIVE REVERSE MODE)  
d4 (ACTIVE-PASSIVE FWD MODE/ASSIST. MODE)
- R)  : press to set d1 (ACTIVE MODE)













SCREEN WAKE UP: Screen will be shut down 5 minutes later  
automatically when not in use, press any key  
to wake up screen

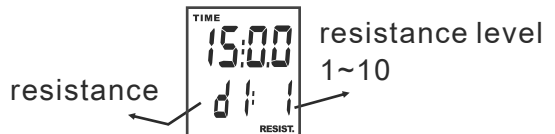
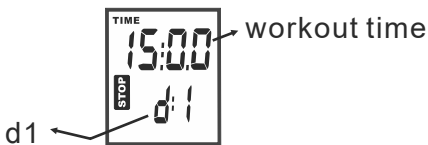
 : press to set d1/d2/d3/d4 at remote controller

# COMPUTER OPERATIONS

## COMPUTER OPERATIONS:

### d1: ACTIVE MODE (active resistive training)

- 1). Power on.
- 2). Press “” button.
- 3). Press “” to set workout time(5~30minutes).
- 4). Press “” to enter resistance level setting.
- 5). Press “” to set resistance level (1~10level)
- 6). Press “” to start workout.
- 7). Press “” to adjust resistance level if need.
- 8). Press “” to enter workout time setting, then press “” to adjust workout time if need.
- 9). Press “” to stop workout temporarily, press “” again to resume workout or press “” to reset.
- 10). Press “” to reset after finishing the workout.



Press “” to check TIME / RPM / COUNT

Press “” to switch to d2 - d3 - d4

## OVER SPEED SAFETY FUNCTION




The machine is deigned so that If the speed is over 90 RPM, the machine will beep and stop, show an E1 error screen.



## HOW TO SOLVE IT?













There are 2 methods to do the reset after showing E1.

1. Press “” to reset from the machine.
2. Turn off the power switch, then turn on the power switch to reset.

# COMPUTER OPERATIONS

## COMPUTER OPERATIONS:

**d2/d3: PASSIVE MODE (passive training, motor power**

- 1). Power on. **d2 :forward d3 :reverse)**
- 2). Press “  ” button to choose d2 or d3.
- 3). Press “  ” to set workout time(5~30minutes).
- 4). Press “  ” to enter RPM(speed) setting.
- 5). Press “  ” to set RPM.
- 6). Press “  ” to start workout.
- 7). Press “  ” to adjust RPM(speed) if need.
- 8). Press “  ” to enter workout time setting, then press “  ” to adjust workout time if need.
- 9). Press “  ” to stop workout temporarily, press “  ” again to resume workout or press “  ” to reset.
- 10). Press “  ” to reset after finishing the workout.

d2



→ RPM

d3



→ forward /reverse

Press “  ” to check TIME / RPM / COUNT

Press “  ” to switch to d2 - d3 - d4




## ANTI-SPASM FUNCTION

The machine is programmed with an anti-spasm function. While the user does the workout in passive exercise – PASSIVE FWD / PASSIVE REV. If the user has spasm. The machine will stop automatically.



## HOW TO SOLVE IT?



There are 2 methods to do the reset after showing E1.

1. Press “  ” to reset from the machine.
2. Turn off the power switch, then turn on the power switch to reset.

# COMPUTER OPERATIONS


## COMPUTER OPERATIONS:

### **d4: ACTIVE PASSIVE FWD(ASSIST. MODE,**

- 1). Power on. **active-passive training**
- 2). Press “  ” button to choose d4.
- 3). Press “ ↑/↓ ” to set workout time(5~30minutes).
- 4). Press “  ” to enter THE TARGET RPM(speed) setting.
- 5). Press “ ↑/↓ ” to set THE TARGET SPEED (RPM).








THE TARGET  
SPEED(RPM)

- 6). Press “  ” to start workout- the motor starts to rotate to reach THE TARGET RPM. You can rotate the machine by yourself.


**If** the rotated speed(RPM) is lower or same RPM with THE TARGET RPM. The motor continues to rotate.

**If** the rotated speed (RPM) is higher than THE TARGET RPM.

The machine switch to resistance mode. The resistance will increase/reduce according to rotated RPM(speed).

- 7). Press “ ↑/↓ ” to add /reduce THE TARGET RPM if need.
- 8). Press “  ” to enter workout time setting if need.
- 9). Press “ ↑/↓ ” to add /reduce workout time.
- 10). Press “  ” to stop workout, press “  ” again to resume workout or press “  ” to reset.
- 11). Press “  ” to reset after finishing the workout.

Press “  ” to check TIME / RPM / COUNT

Press “  ” to switch to d2 - d3 - d4