

MOTORIZED EXERCISER

MODEL: RE-X4D TRAINER

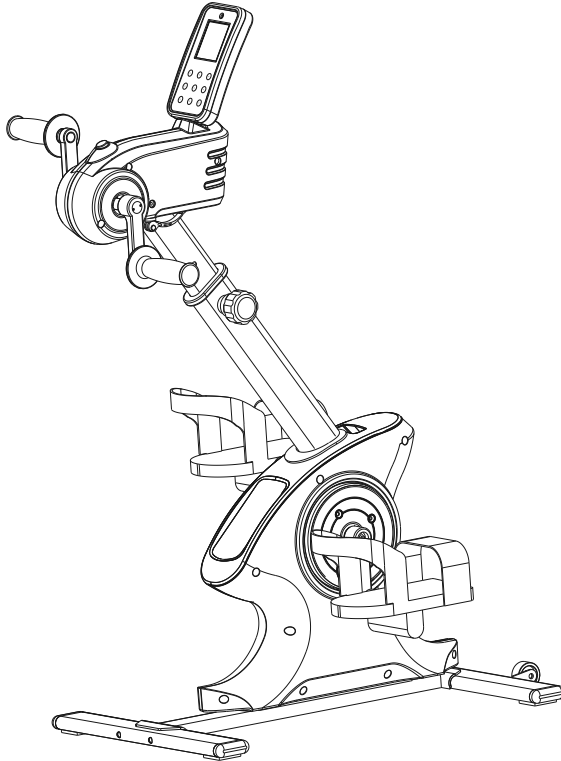


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Read and understand all instructions thoroughly before using the exerciser

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: 20kgs.

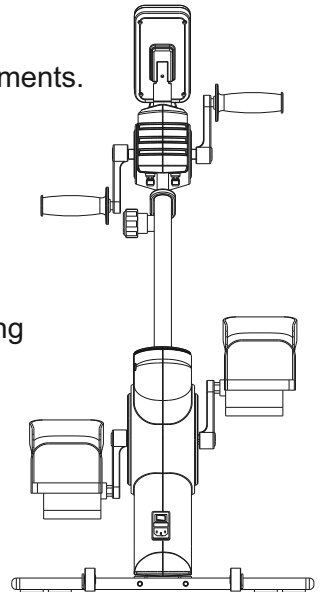
IMPORTANT VOLTAGE INFORMATION !

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.



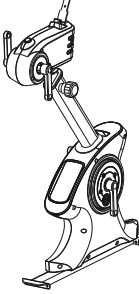
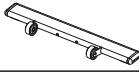
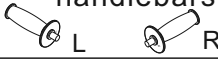


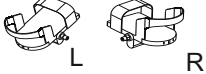




UNPACKING & ASSEMBLY

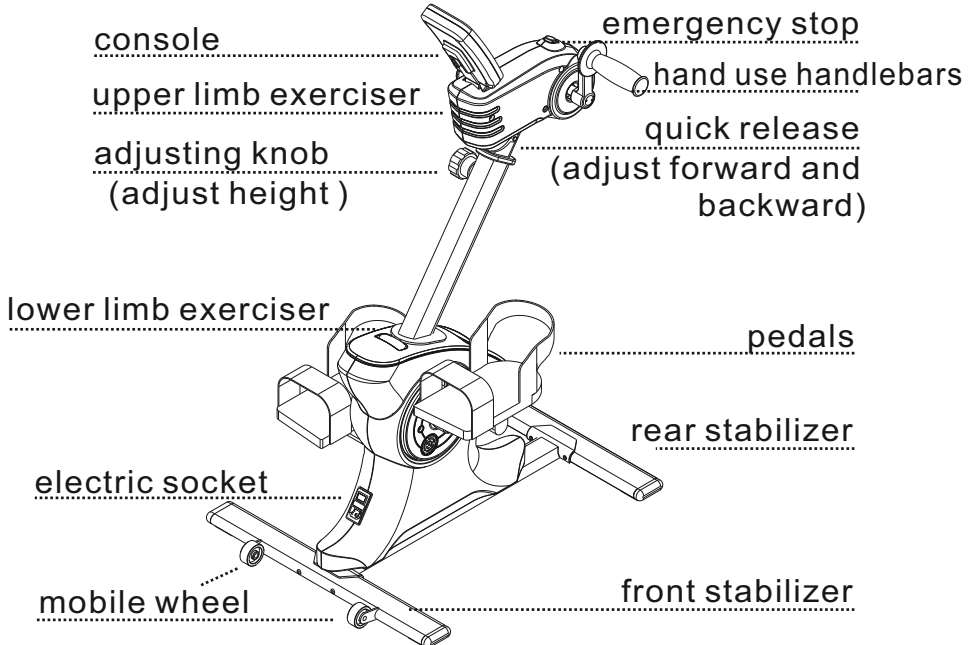
UNPACKING

⚠ 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.

 <p>Main body</p>	 <p>Front stabilizer</p>	 <p>Hand use handlebars L R</p>	 <p>Console</p>
	 <p>Rear stabilizer</p>	 <p>Pedals L R</p>	 <p>Power cord</p>
	 <p>M8 Bolt X4pcs</p>	 <p>M6 Bolt</p>	 <p>Wrench</p>

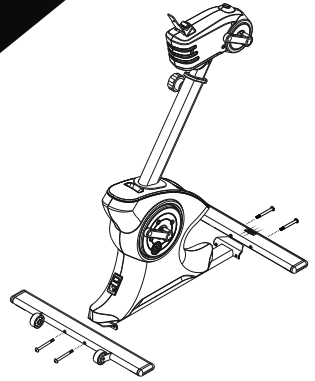


UNPACKING & ASSEMBLY

ASSEMBLY

ASSEMBLE TWO STABILIZERS

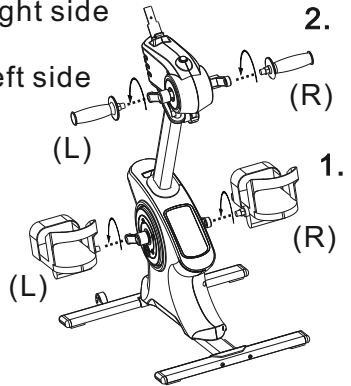
Secure two stabilizers to the main body with four M8 bolts by using the Allen wrench (Tighten the bolts).



ASSEMBLE PEDALS and HAND USE HANDLEBARS

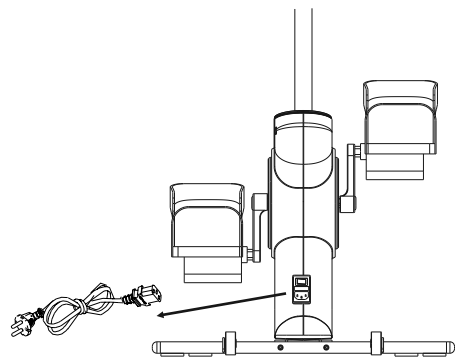
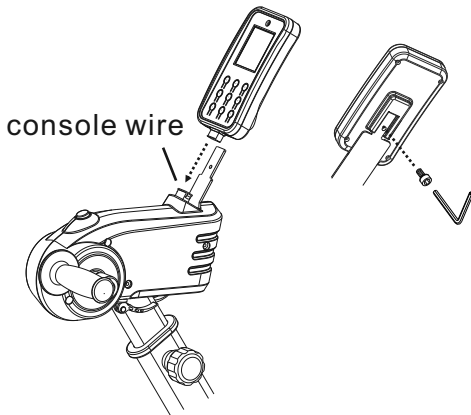


1. Assemble "R" pedal at right side by using the wrench.
Assemble "L" pedal at left side by using the wrench.
2. Assemble "R" hand use handlebar at right side by using the wrench.
Assemble "L" hand use handlebar at left side by using the wrench.



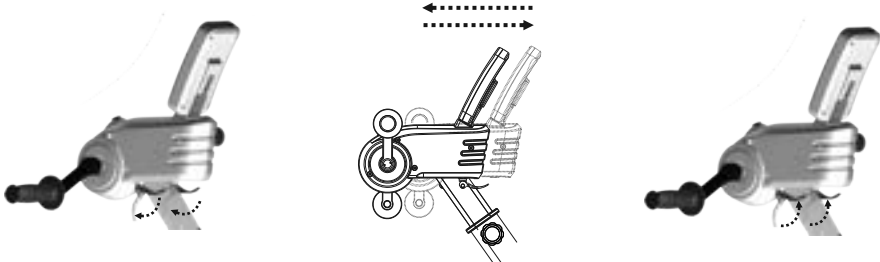
ASSEMBLE THE CONSOLE

1. Assemble the console to the console bracket.
2. Connect the console wire to the console.
3. Lock M6 bolt by using the Allen wrench (Do not lock too tight).



POSITION ADJUSTMENT

ADJUST FORWARD and BACKWARD

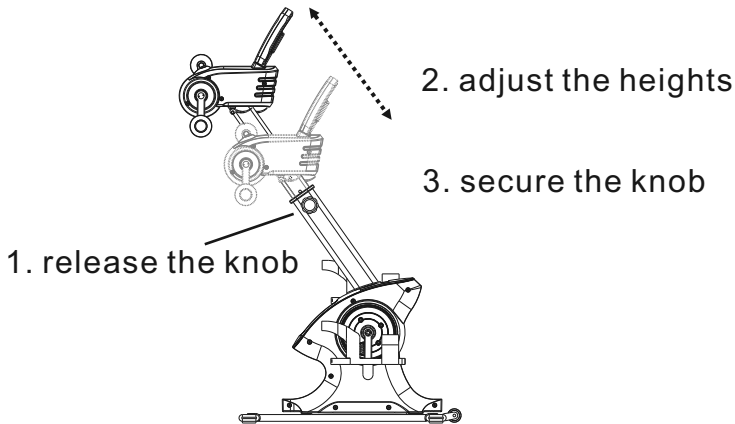


1. release the two quick releases

2. move forward or backward

3. secure the two quick releases

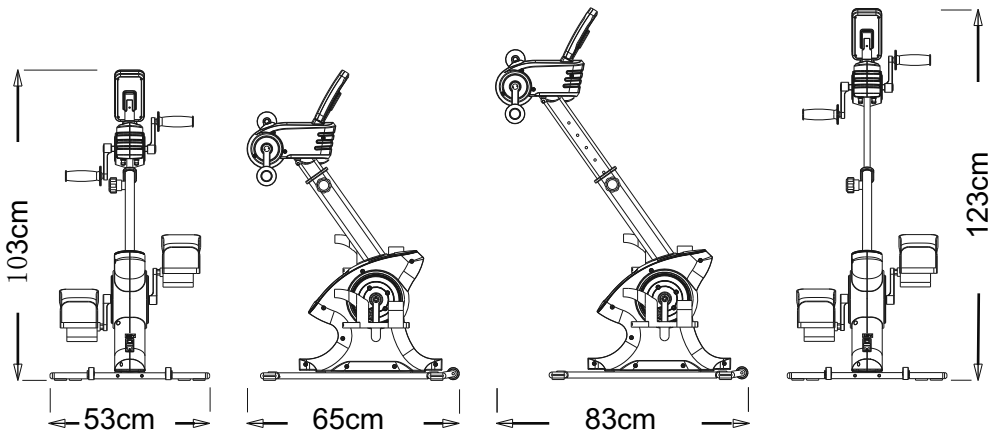
ADJUST THE HEIGHTS



1. release the knob

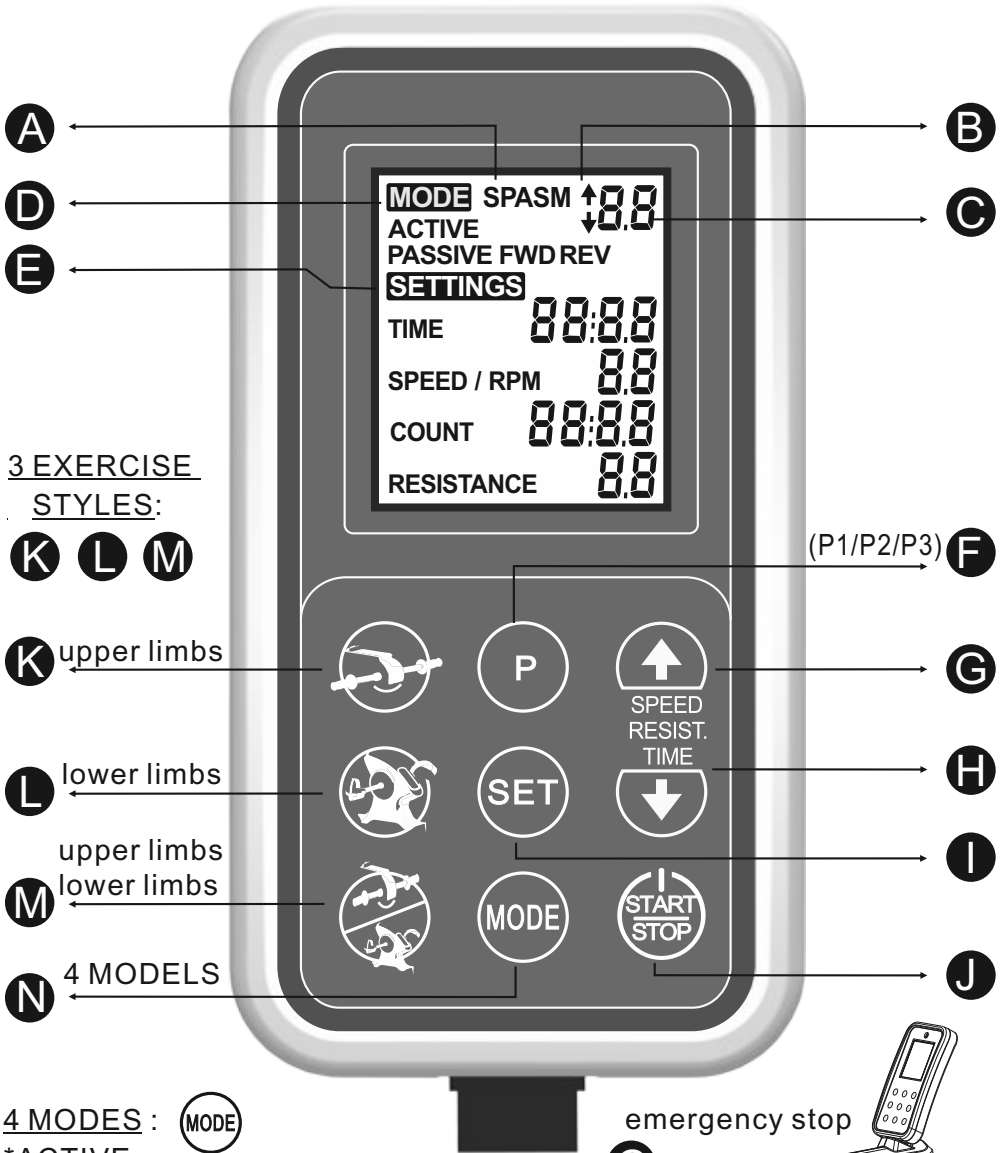
2. adjust the heights

3. secure the knob



COMPUTER OPERATIONS

CONTROL PANEL FUNCTION



3 EXERCISE STYLES:

K L M

K upper limbs

L lower limbs

M upper limbs
lower limbs

N 4 MODELS

4 MODES : **(MODE)**

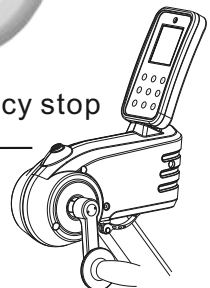
*ACTIVE

*PASSIVE FWD

*PASSIVE REV











*ACTIVE PASSIVE FWD (ASSIST MODE)

emergency stop



COMPUTER OPERATIONS

CONTROL PANEL FUNCTION

- A) SPASM: Light on when anti-spasm happen. Press “” to reset.
- B) $\uparrow \downarrow$: indicate exercise style
Press “”, “ \uparrow ” light on for upper limbs exercise.
Press “”, “ \downarrow ” light on for lower limbs exercise.
Press “”, “ $\uparrow \downarrow$ ” light on for upper and lower limbs exercise.
When use “” exercise:
Press “”, “ \uparrow ” is blinking, the screen shows the data for upper limbs exercise.
Press “”, “ \downarrow ” is blinking, the screen shows the data for lower limbs exercise.
- C) **88** : Show RPM/resistance level/preset programs P1/P2/P3/E1.
When RPM is over 90rpm, The machine stop automatically, the screen shows E1, Press “” to reset.
- D) MODE: 4 MODES
* ACTIVE – Resistive training mode. Resistance 1~10 level
* PASSIVE FWD – Motorized forward rotation. Speed 1~10 level
* PASSIVE REV – Motorized reverse rotation. Speed 1~10 level
* ACTIVE PASSIVE FWD - active-passive training(ASSIST MODE)
- E) SETTING:
* TIME – Indicate countdown time you exercise.5~30 minutes
* SPEED/RPM – Indicate revolutions per minute.
* COUNT – Indicate number of turns.
* RESISTANCE – Show resistance level under ACTIVE.1~10 level
- F) P KEY: Preset programs (P1/P2/P3) 
- G) \uparrow UP KEY: 
* Adjust speed up at passive training mode (PASSIVE FWD / PASSIVE REV / ACTIVE PASSIVE FWD).
* Adjust resistance up at active training mode (ACTIVE).
* Set workout time, RPM and resistance.

COMPUTER OPERATIONS

CONTROL PANEL FUNCTION

H) ↓DOWN KEY: 

- * Adjust speed down at passive training mode (PASSIVE FWD / PASSIVE REV).
- * Adjust resistance down at active training mode(ACTIVE).
- * Set workout time, RPM and resistance.

I) SET KEY: Enter time, speed, resistance setting.

J) START/STOP KEY: Start/stop exercise, wake up.




Press to reset after E1.

Press to reset after SPASM.

K)  KEY: Upper limbs exercise.

L)  KEY: Lower limbs exercise.

M)  KEY: Upper limbs and Lower limbs exercise.

N) MODE KEY: 4 MODES

- * ACTIVE
- * PASSIVE FWD
- * PASSIVE REV
- * ACTIVE PASSIVE FWD(ASSIST MODE)

O) EMERGENCY STOP: Press to stop exercise.

COMPUTER OPERATIONS

COMPUTER OPERATIONS:

SELECT EXERCISE STYLE



: Upper limbs (hands)




: Lower limbs (feet)



: Upper limbs and lower limbs (hands & feet)

SELECT MODES or PRESET PROGRAMS


Press “” to choose mode, total 4 modes.

* ACTIVE

* PASSIVE FWD

* PASSIVE REV



* ACTIVE PASSIVE FWD

Or press “” to choose preset program (P1/ P2 / P3)

Use preset program (P1/ P2/ P3) to do the exercise, the machine will be stop automatically when enter next segment if press "↑/↓" to change the preset program.

OPERATION TIPS:

STEP1. choose “” or “” or “”.(exercise style).

STEP2. Press “” (exercise mode) or “” preset programs.

*ACTIVE

*PASSIVE FWD

*PASSIVE REV

*ACTIVE PASSIVE FWD

*P1/P2/P3 (see page13)














STEP3. Set time(5~30mintues), speed(RPM:12~55),
resistance(1~10level)

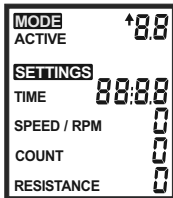
STEP4. Press “” to start exercise.

COMPUTER OPERATIONS

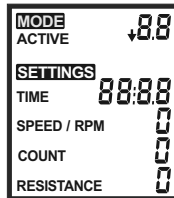
COMPUTER OPERATIONS:

ACTIVE – Active resistive training

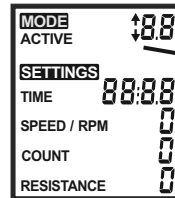
- 1). Power on.
- 2). Press “” or “” or “” to select exercise style.
- 3). Press “” to select “ACTIVE”.
- 4). Press “” to set the workout time.(5~30minutes)
- 6). Press “” to enter resistance level setting.
- 7). Press “” to set resistance level.(1~10levels)
- 8). Press “” to start workout.
- 9). Press “” to reset workout time if need.
- 10). Press “” to enter resistance setting, then press “” to reset resistance if need.
- 11). Press “” to stop the workout temporarily. Press “” again to resume the workout.
- 12). Press “EMERGENCY STOP” to stop the workout if need.



upper limbs




lower limbs



upper limbs
lower limbs

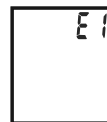
On upper limbs and lower limbs workout  :

Press “”, “↑” is blinking. The screen shows the data of upper limbs.

Press “”, “↓” is blinking. The screen shows the data of lower limbs.


OVER SPEED SAFETY FUNCTION

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



HOW TO SOLVE IT?

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














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

COMPUTER OPERATIONS

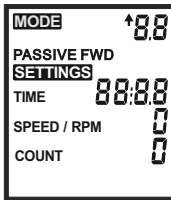
COMPUTER OPERATIONS:

PASSIVE FWD /PASSIVE REV –

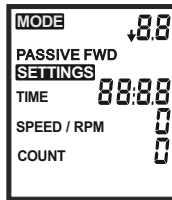
Passive training(motor power)

- 1). Power on.
- 2). Press “” or “” or “” to select exercise style.
- 3). Press “” to select “PASSIVE FWD” or “PASSIVE REV”.
- 4). Press “” to set the workout time. (5~30minutes)
- 6). Press “” to enter SPEED/RPM setting.
- 7). Press “” to set SPEED/RPM.
- 8). Press “” to start workout.
- 9). Press “” to reset workout time if need.
- 10). Press “” to enter SPEED/RPM setting, then press “” to reset SPEED/RPM if need.
- 11). Press “” to stop the workout temporarily. Press “” again to resume the workout.
- 12). Press “EMERGENCY STOP” to stop the workout if need.

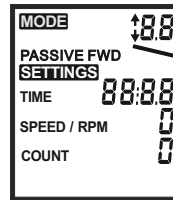
PASSIVE FWD:



upper limbs

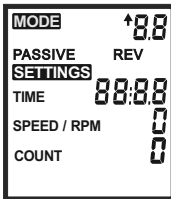


lower limbs

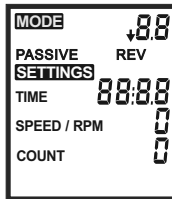


upper limbs
lower limbs

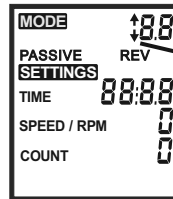
PASSIVE REV:




upper limbs




lower limbs



upper limbs
lower limbs

On upper limbs and lower limbs workout :

Press “”, “↑” is blinking. The screen shows the data of upper limbs.

Press “”, “↓” is blinking. The screen shows the data of lower limbs.

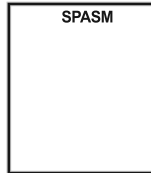
COMPUTER OPERATIONS

COMPUTER OPERATIONS:

ANTI-SPASM FUNCTION




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



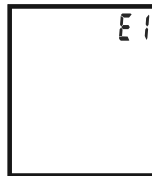
HOW TO SOLVE IT?

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

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


OVER SPEED SAFETY FUNCTION

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



HOW TO SOLVE IT?

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

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

- * The sensitivity of the anti-spasm function will vary according to the motor power and extreme care must be taken to ensure that the motor speed is adjusted according to the users physical condition.
The lowest setting must be used when using for the first time.











- * It would cause the motor damage if block the motor rotation on purpose while in use. It is not covered by warranty.

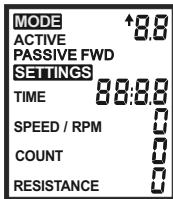
DO NOT BLOCK THE MOTOR WHILE MOTOR IS ROTATING

COMPUTER OPERATIONS

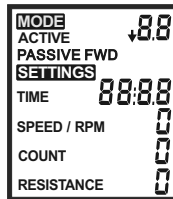
COMPUTER OPERATIONS:

ACTIVE PASSIVE FWD – active - passive training (assist mode)

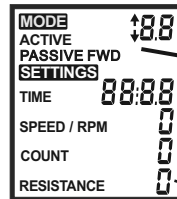
- 1). Power on.
 - 2). Press “” or “” or “” to select exercise style.
 - 3). Press “” to select “ACTIVE PASSIVE FWD”.
 - 4). Press “” to set the workout time.(5~30minutes)
 - 6). Press “” to enter SPEED/RPM setting.(THE TARGET RPM)
 - 7). Press “” to set SPEED/RPM.
 - 8). Press “” to start workout. The motor starts to rotate to reach THE TARGET PRM. The user can rotate by himself.
- * If the rotated RPM is lower or same RPM with THE TARGET RPM. The motor continues to rotate.
 - * If the rotated RPM is higher than THE TARGET RPM. The machine switch to resistance mode. The resistance will continue to increase 1 level each 5 seconds.



upper limbs








lower limbs





blinking



upper limbs
lower limbs

1~10level

- 9). Press “” to reset workout time if need.
- 10). Press “” to enter SPEED/RPM setting, then press “” to reset SPEED/RPM(THE TARGET RPM) if need.
- 11). Press “” to stop the workout temporarily. Press “” again to resume the workout.
- 12). Press “EMERGENCY STOP” to stop the workout if need.

On upper limbs and lower limbs workout  :

Press “”, “” is blinking. The screen shows the data of upper limbs.







Press “”, “” is blinking. The screen shows the data of lower limbs.

DO NOT BLOCK THE MOTOR WHILE MOTOR IS ROTATING

COMPUTER OPERATIONS

COMPUTER OPERATIONS:

PRESET PROGRAM: P1/P2/P3

- 1). Power on.
- 2). Press “” or “” or “” to select exercise style.
- 3). Press “” to select P1 or P2 or P3.
- 4). Press “” to start workout.
- 5). Press “” to stop workout if need.

P1 :Passive for muscle loosening use Minutes:13

Fwd	15rpm	2min.
Rev	20rpm	1min.
Fwd	30rpm	3min.
Rev	35rpm	2min.
Fwd	30rpm	3min.
Rev	20rpm	2min.

P2 :Stroke use Minutes:16

Fwd	20rpm	1min.	Passive
Fwd	25rpm	1min.	Passive
Fwd	30rpm	1min.	Passive
Fwd	20rpm	2min.	Active L:3
Fwd	25rpm	2min.	Passive
Rev	25rpm	2min.	Passive
Fwd	20rpm	4min.	Active L:3
Fwd	25rpm	3min.	Passive

P3 :MS use Minutes:18

Fwd	20rpm	3min.	Passive
Fwd	25rpm	3min.	Passive
Fwd	20rpm	2min.	Active L:3
Fwd	20rpm	2min.	Passive
Rev	25rpm	2min.	Passive
Fwd	20rpm	2min.	Active L:3
Fwd	25rpm	2min.	Passive
Fwd	30rpm	2min.	Passive

The workout will be stop automatically when enter next segment if press “↑” or “↓” to change RPM or resistance.