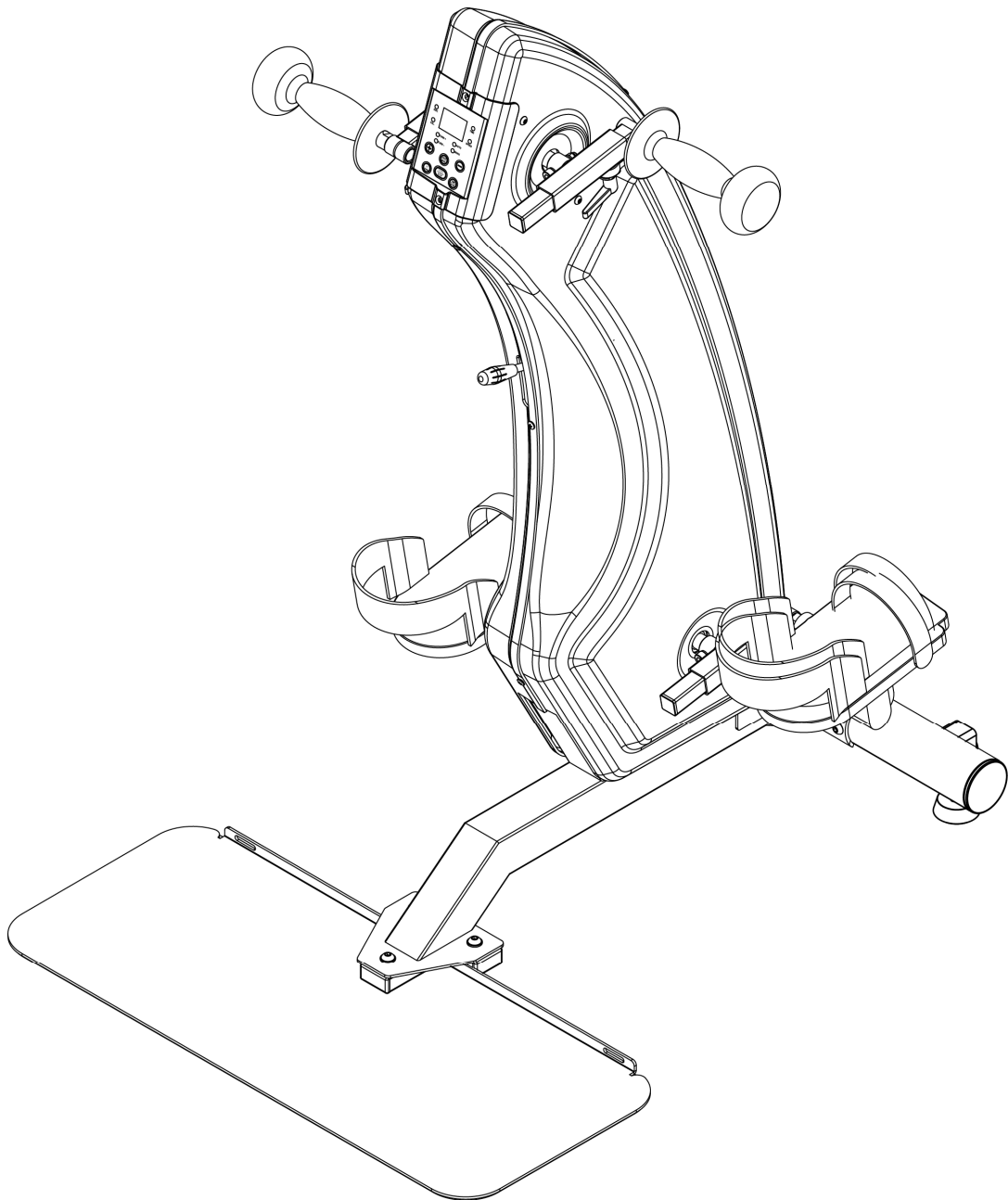


Rehabilitation Machine for Limbs

OWNER'S MANUAL



Contents

1. Product functions	2
2. Specification	3
3. Considerations.....	4
4. Installation Instruction	5
4.1. Parts List.....	5
4.2. Parts bag.....	5
5. Installation Steps.....	6
6. Bandage	8
6.1. Fixing the wheelchair with bandage.....	8
6.2. Fixing hands with bandage.	8
6.3. Fixed ways of foot bandages	9
7. Supporting base and tilting adjustment.....	9
8. Adjustment of extension handle bar.....	10
9. Machine Transportation	11
10. Operation instruction for computer console	11
10.1. Key function.....	12
10.2. Regular operation.....	13

1. Product functions

A special physical fitness machine for the old with active exercise and also passive. Small size require little savage space, simple operation let you exercise easily at any time. All of these help you exercise to make longer life expectancy.

Safety design for harmless exercise

- With extensible in hand and foot part for different body shapes.
- Active exercise is of 15 levels of resistance design, and you can adjust the resistance according to your own demand to reach different exercise effect. And this can strengthen your hand and leg muscle.
- Passive exercise is of 15 levels of speed design, and you can adjust the speed according to your own demand to increase the activity ability of the elbow and knee. And it also do rotation and reversed rotation to get different effects.
- Rear bottom board design to increase the safety for users.
- Exercise heart and lung activity and promote the blood circulation to decrease neck and shoulder diseases (For office people, mobile phone user, frozen shoulder) Exercise on the rotation wheel with sitting position to decrease harm to knee joint.

2. Specification

CONSOLE	
LED DISPLAY	TIME. SPEED. DISTANCE. CALORIES. AUTO.MANU. TURN+. TURN-
PRODUCT SPEC	
HAND FIXING STRAPS	V
LEG FIXING STRAPS	V
WHEELCHAIR FIXING STRAPS	V
LENGTH (HORIZONTAL)	900MM
HEIGHT (VERTICAL)	ADJUSTABLE (990-1150 MM)
TECHNICAL SPECS	
MOTOR	AC230 50/60 HZ (CW,CCW)
SPEED LEVEL (PASSIVE EXERCISE)	15 LEVELS FROM 10 RPM TO 25 RPM
RESISTANCE (MOTOR-ASSISTED EXERCISE)	LEVEL 1~ 15
CONTROLLER	AC100~240V
TIMER	5-30 MIN (INTERVAL : 5MIN)
DIMENSION	
LxWxH	900 X 700 X 990-1150 MM

3. Considerations

Notice!

- | |
|---|
| <ul style="list-style-type: none">● Violation of the following matters may cause product damage and endanger personal safety. |
|---|

Before usage, please check the handle and other connection points whether they are fixed and without damage. And periodic inspection is demanded.

Check the connection points among rehabilitation machine, handle, etc. regularly to see if they are solid or damaged.

Do not dismantle the rehabilitation machine or display arbitrarily. Do not replace parts by yourself, so as to avoid danger or breakdown of the rehabilitation machine during use.

The structure and functions of the rehabilitation machine can influence each other.

Modification or replacement of parts by oneself will influence the operation and safety of the machine, and shorten its life.

Metals (such as wire, copper coins, paper clips) are forbidden to insert into any terminal.

When hands are wet, do not touch power line and socket.

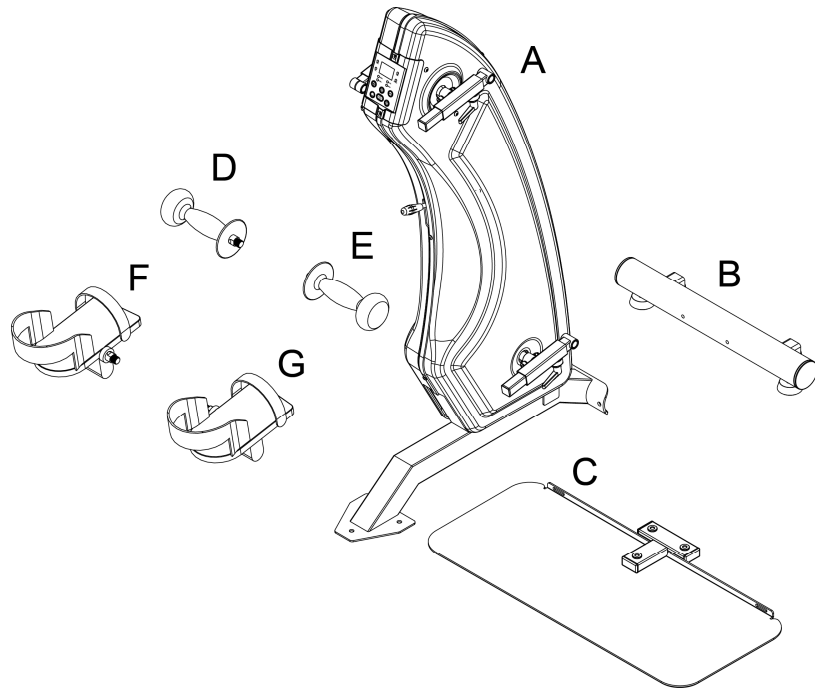
If you have any uncomfortable, please stop using this machine.

Notice!

If the rehabilitation machine has any damage or needs to adjust, you shall contact the selling shop for help. Do not repair it by yourself. The repair and maintenance of the rehabilitation machine need professional knowledge and tools. Non-professional adjustment or repair may damage the rehabilitation machine, or cause accidents leading to heavy casualties.
--

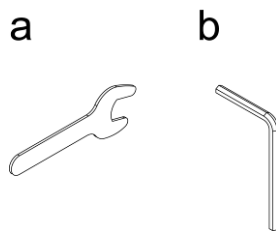
4. Installation Instruction

4.1. Parts List



ITEM	Description	Qty
A	Main frame set	1
B	Front stabilizer	1
C	Base board set	1
D	Handrail set (left)	1
E	Handrail set (right)	1
F	Pedal board (left)	1
G	Pedal board (right)	1

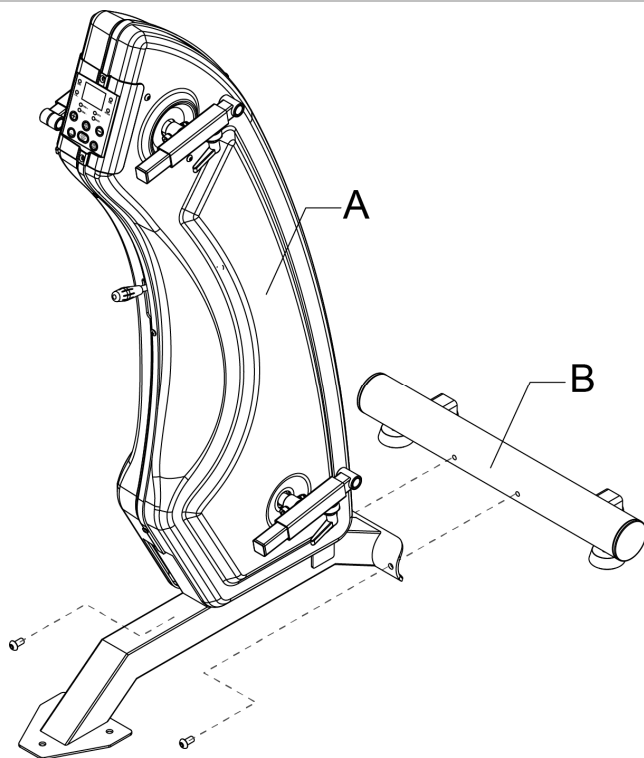
4.2. Parts bag



ITEM	Description	Qty
a	15mm Opening wrench	1
b	5mm x 30mm x 120mm L-shaped hex wrench	1

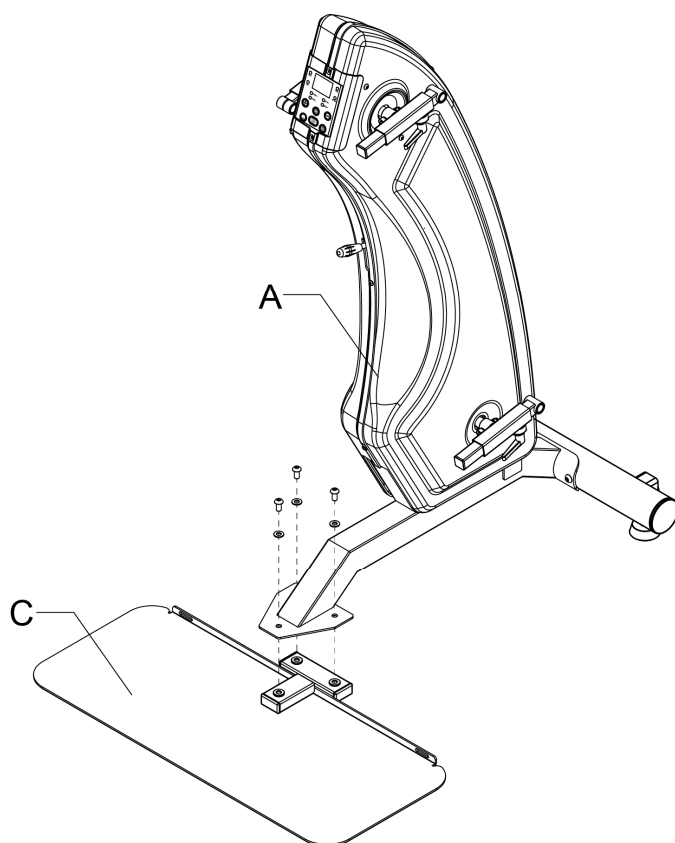
5. Installation Steps

Step1



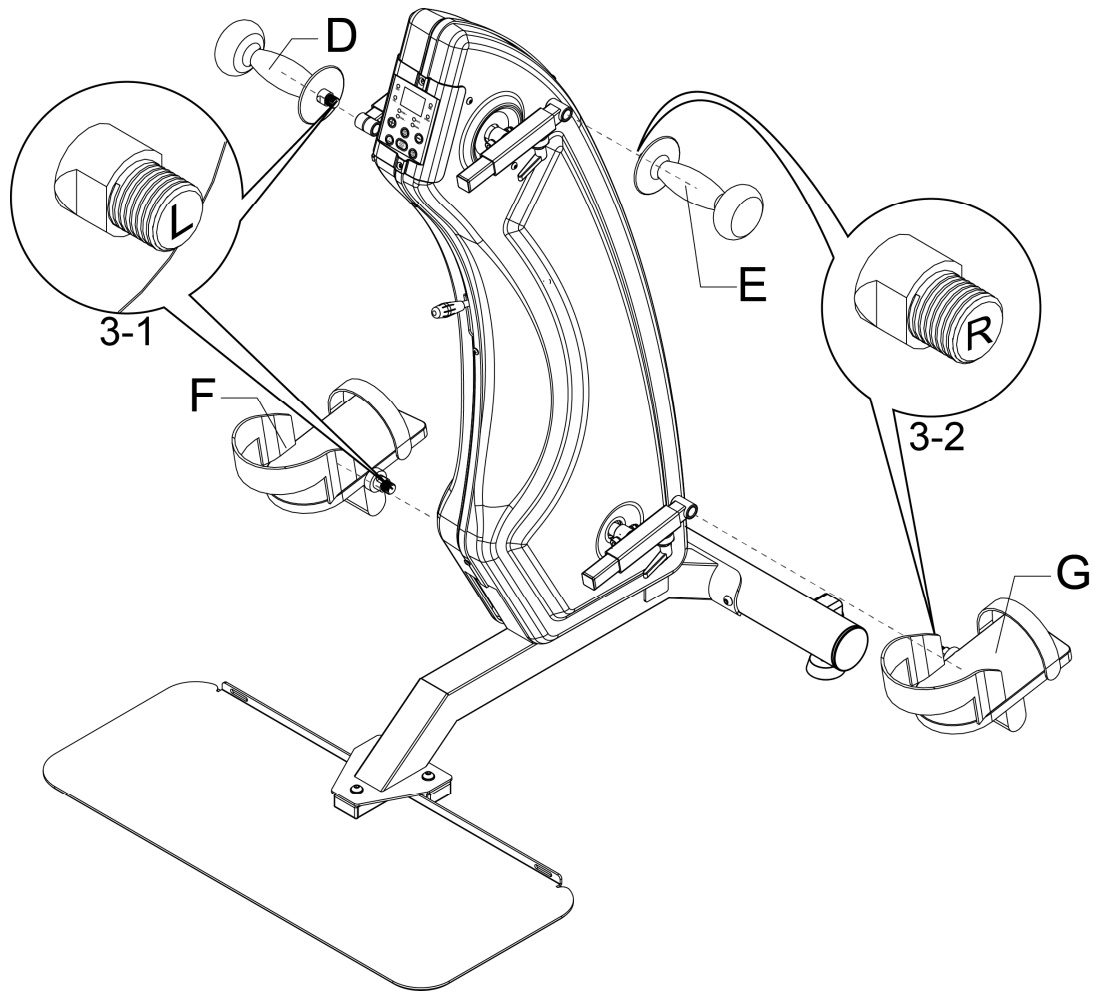
Firstly, take off the screws on the front stabilizer, and then place the front stabilizer tube (B) to the main frame set (A), and lock with the screws taken off before.

Step2



Firstly, take off the screws and washers from the base bard set (C) and then install the base bard set (C) to the main frame set (A); secondly, fix with the screws and washers taken before.

Step3



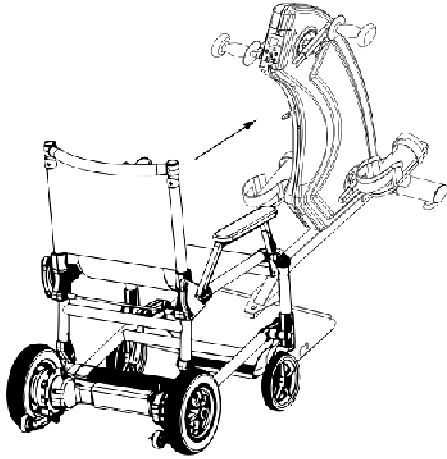
Follow the image, lock the left and right handrail sets (D · E) and the left and right pedal (F · G) with opening wrench, then fix to the main frame set (A).

Attention: when do installation, please distinguish the left (L) and right (R), just as the figure 3-1 and figure 3-2.

6. Bandage

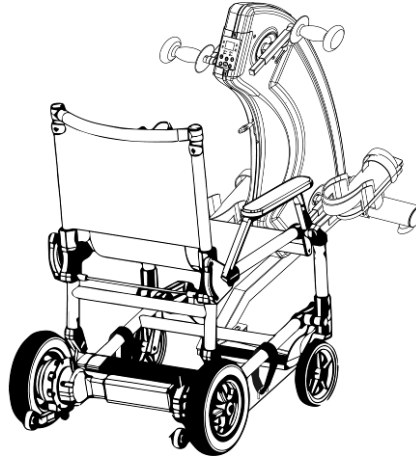
6.1. Fixing the wheelchair with bandage.

STEP 1



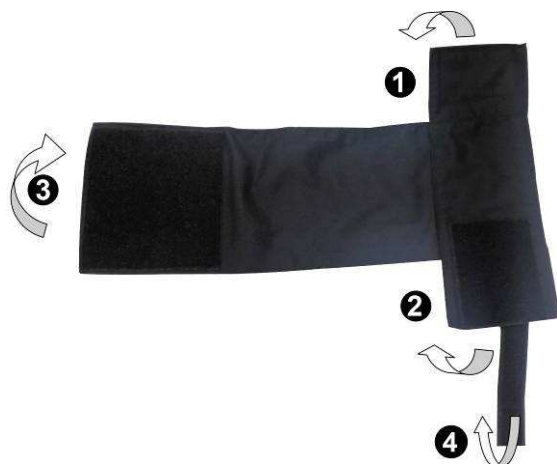
The wheelchair is pushed to be close to the rehabilitation machine .

STEP 2



As shown in the figure, the wheelchair is fixed on the rehabilitation machine with bandage.

6.2. Fixing hands with bandage.



Left and rights hands are fixed on the rehabilitation machine according to the order shown in the above figure, **①→②→③→④**, as shown below:



① / ②



③ / ④

6.3. Fixed ways of foot bandages

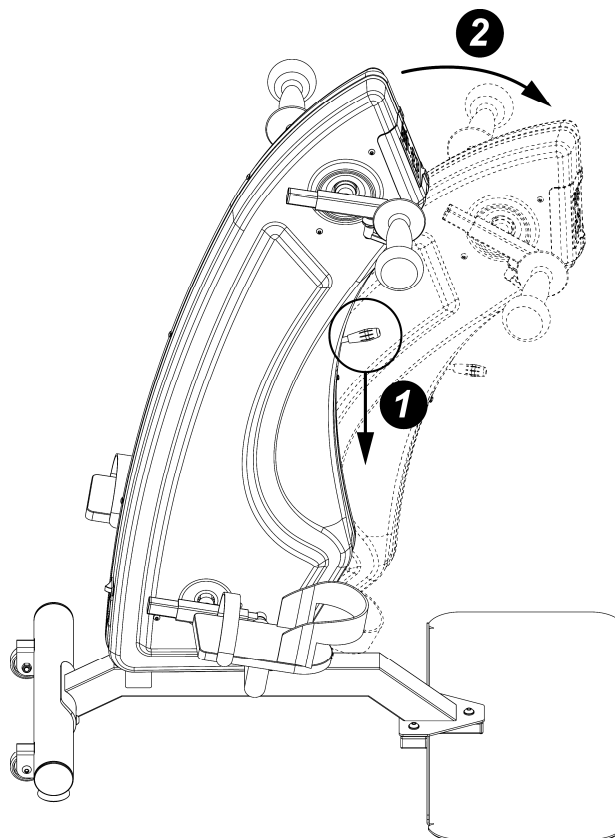
First fixed way: used for people who have the habit of splay-foot



Second fixed way: used for people who have the habit of pigeon-toed

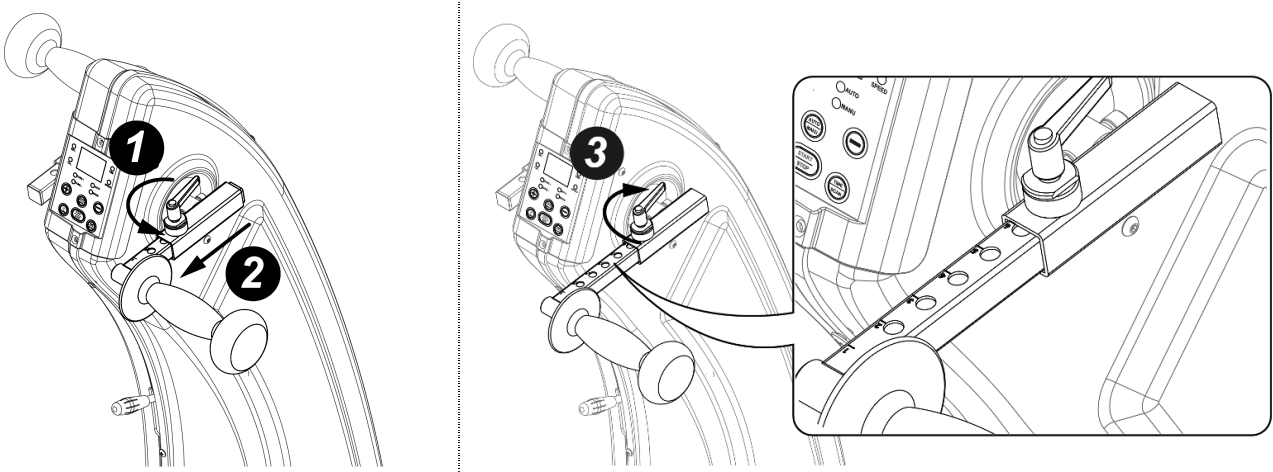


7. Supporting base and tilting adjustment



According to the order in the figure, **1** press the driving lever of the gas spring downward; **2** then adjust the tilt angle of the rehabilitation machine. After that, the driving lever of the gas spring is loosened and put back to its original position.

8. Adjustment of extension handle bar

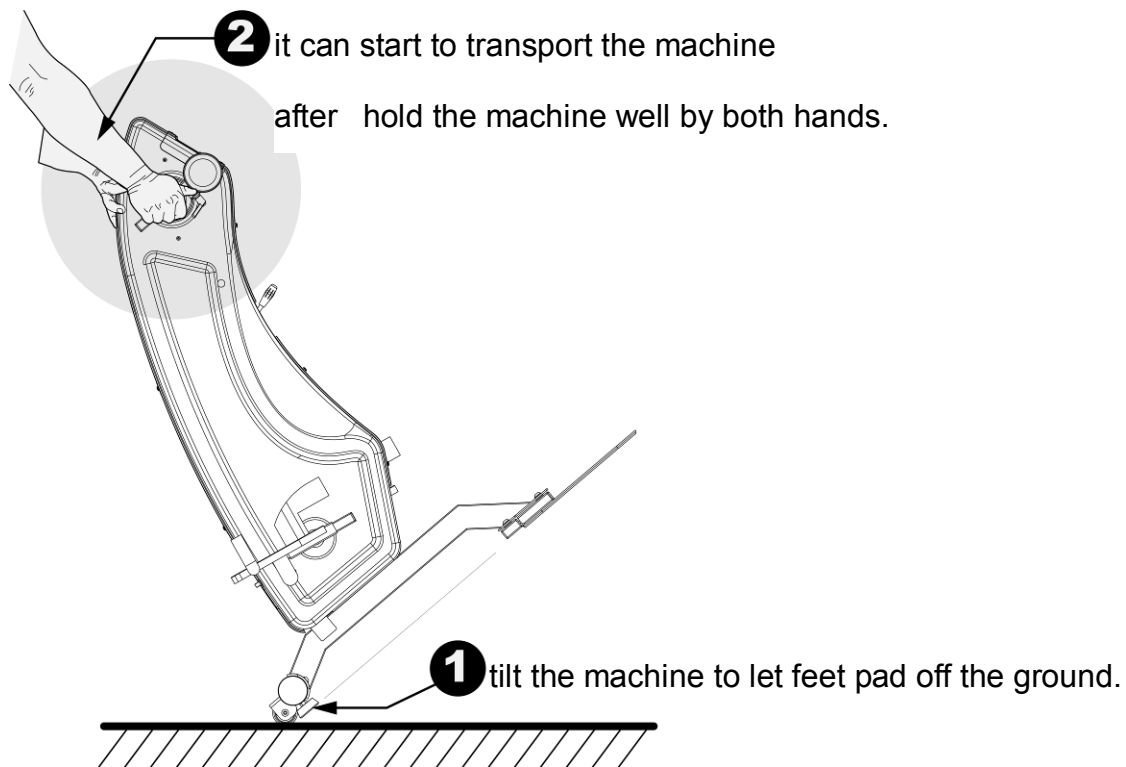


According to the orders in the figure,

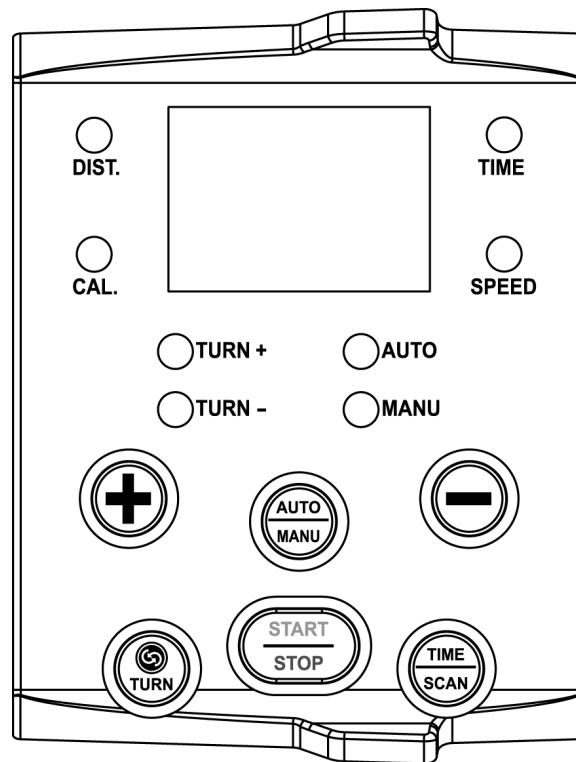
1 loosen the handle knob in anti-clockwise direction, **2** and then adjust the extension handle bar to the proper position.

3 Fasten the handle knob in clockwise direction.







9. Machine Transportation



10. Operation instruction for computer console





10.1. Key function



Button instruction			
	Position	Button instruction	Function description
1.		Switch key for start or stop	Press once to start and press two times to back to the standby status.
2.		Switch for automatic or manual operation	Under standby or operation status, switch AUTO or MANU randomly and LED light will change accordingly. If without setting, the preset is AUTO mode, and when choose MANU mode, TURN+ or TURN – mode, LED light will show nothing. During operation, press START key again before switch AUTO or MANU mode.
3.		Positive reversed rotation switch key	Under standby or during motor operation, set TURN+ or TURN – mode, LED will change accordingly, if without setting, the preset is TURN+ mode.
4.		Decrease key	The key for speed adjustment or resistance decrease.
5.		Increase key	The key for speed adjustment or resistance increase.
6.		Time key under standby/scan key under operation	1. Under standby, time can be set by pressing + 、 - keys, and the TIEM LED light will be on constantly. The time range is 5-30 minute and one Step is 5 minutes. If without setting, the preset is 30 minutes. After setting for 5 seconds, go back to standby status.
			2. During AUTO or MANU mode, this key is of SCAN function, choose by pressing manually, and speed→cal→dist→time will be shown orderly, when

			without setting, after pressing, the preset is speed; during operation, press SCAN key again, then the display screen will show the current chosen items.
--	--	--	---

10.2. Regular operation

After turning on the power switch of the recovering machine, enter into the controller wire connection mode, at that time, the beeper will make “beep” sound, and the display screen will show “CHECK” letters. After wire connection, the preset data on the screen will be 0 and no blink.  **AUTO** and  **TURN+** light are on constantly, and this show the recovering machine is under standby status.

AUTO mode (Actuated by motor)

Press “START” to start the machine, and the machine will show GO at first, and operate with the initial speed LEVL1 (10RPM). At that time, press  ,  to accelerate or decelerate, the range: LEVL1-15(10-25RPM), Step is 1. After pressing STOP, the machine will stop and go back to the standby status. During operation, press the SCAN key manually to choose, and speed→cal→dist→time show orderly. When without setting, after pressing start, the preset is speed. During operation, press SCAN key again, then the display screen will show the current chosen items.

2-1. During operation of AUTO mode, when the motor is blocked by the external force for about 3 seconds, it will start the reversed rotation.

MANU mode (Manual mode)

Press START to start the recovering machine in manual mode, and the machine will show GO at first, then execute MANU resisting mode with initial data LEVL1 and the resisting range is LEVL1-15, Step is 1. Manual mode operates for 2 seconds the resistance will be larger and larger. Stop for 2 seconds the resistance will be zero. After pressing STOP, the machine will stop resistance and back to standby status.

During operation, press the SCAN key manually to choose, and speed →time show orderly.
After pressing start, the display data is speed screen. After pressing SCAN key again, then the display screen will show the current chosen items.