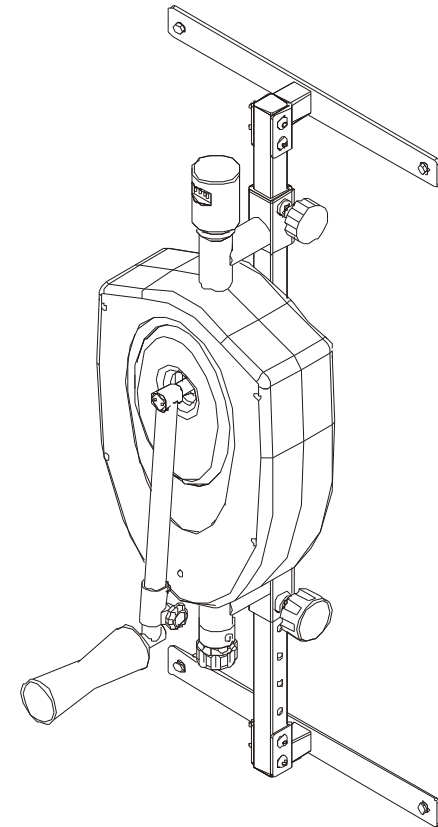


MAGNETIC SHOULDER EXERCISER OWNER'S MANUAL



The specification of this product may vary from this photo,
subject to change without notice.

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SAFETY INSTRUCTIONS

Safety always comes first. Please keep the following points in mind at all times. Read and follow this instruction guide completely before using your Magnetic Shoulder Exerciser. Keep this guide in a safe place and make sure the machine also reads this guide. Have a safe exercise.

CAUTION

- Read, understand, and practice the precautionary and operating instructions. Know the limitations and hazards associated with using any Magnetic Shoulder Exerciser exercise device. Observe the precautionary and operational decals placed on the unit.
- Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.
- Check unit before each use of determine all controls function normally.
- Handle unit with care. Inappropriate handling of the unit may adversely affect its characteristics.
- DO Not permit any foreign materials or liquids to enter the unit. Take care to prevent any foreign materials including, but not limited to, inflammables, water, and metallic objects from entering the unit. These may cause unit damage, malfunction, or personal injury.
- DO NOT modify or remodel the unit. This may cause unit damage, malfunction, or personal injury.
- If you have difficulty operating the unit after carefully reviewing this operator's guide, contact your dealer for assistance.
- Failure to use and maintain the Magnetic Shoulder Exerciser in accordance with the instructions outlined in this manual will invalidate your warranty.
- Know your heart rate and pulse, as well as your physician recommended target heart rate training zone. Monitor these during exercise.
- Proper medical clearance is recommended for anyone beginning an exercise program, especially if you are over 35 years of age or suffer from heart or respiratory problems.

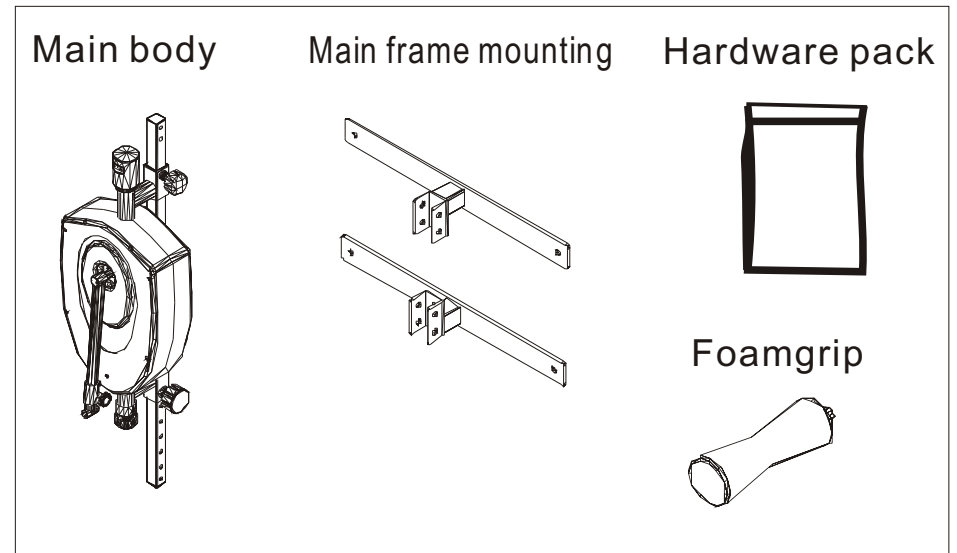
CAUTION

- Warm up before any exercise programs with 8 minutes of aerobic activity.
- Wear comfortable clothes that allow freedom of movement and are not tight or restricting.
- Wear comfortable shoes with good support and nonslip soles.
- Breathe naturally, and never hold your breath during an exercise.
- Perform exercises consistently with proper technique, and with a full range of motion.
- Avoid over-training.
- After an exercise session, cool down with slow stretching, cycling, or walking.
- This unit should not be used by or near children.
- Handicapped or disabled people must have medical approval before using unit, and should be under close supervision when using any exercise equipment.
- Use this unit only for its intended purpose as described in this manual.
- This unit should only be used by one person at a time.
- Do not put hands, feet, or any foreign objects on or near this unit when in use by other people.
- Always operate this unit on a level surface.
- Never operate this unit if it is not functioning properly.
- Start exercise slowly and gradually increase the amount of resistance.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the exercise at once and consult a physician immediately.
- Use caution to prevent fingers or hands from being pinched in moving parts When operating the unit.

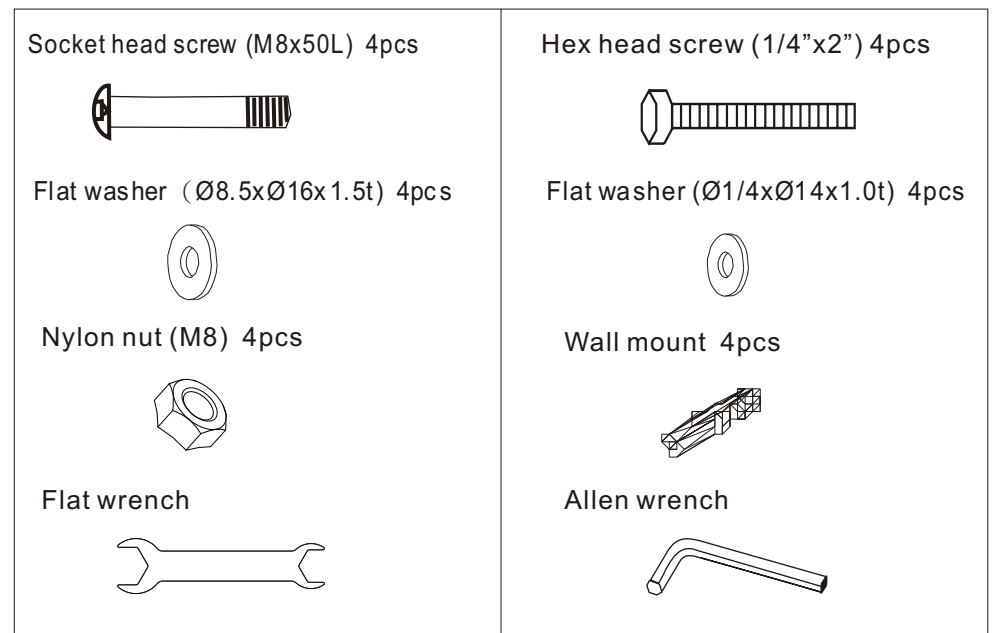
WARNING

- Use of controls or adjustments or performance of procedures other than those specified herein may result in a hazardous exercise related injury.
- Dispose of all products in accordance with local and national regulations and codes.

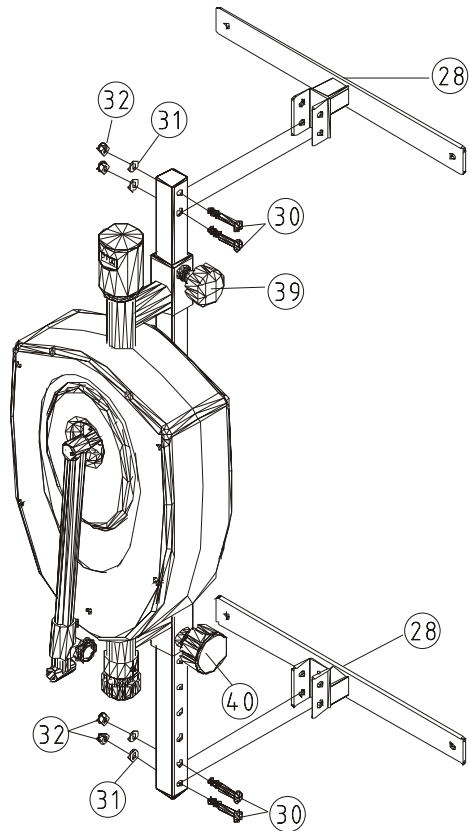
ASSEMBLY PARTS:



Hardware pack

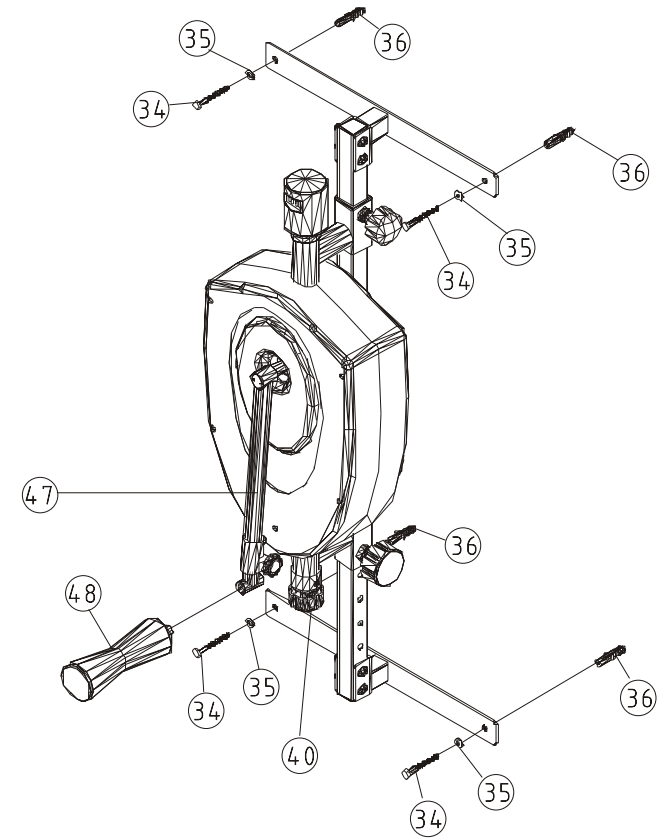


ASSEMBLY



STEP 1.

Attach the Main body to the supporting tubes(#28). Then secure it with four M8x50L Socket screws(#30), four Flat washers (#31) and four M8 Nylon nut(#32).

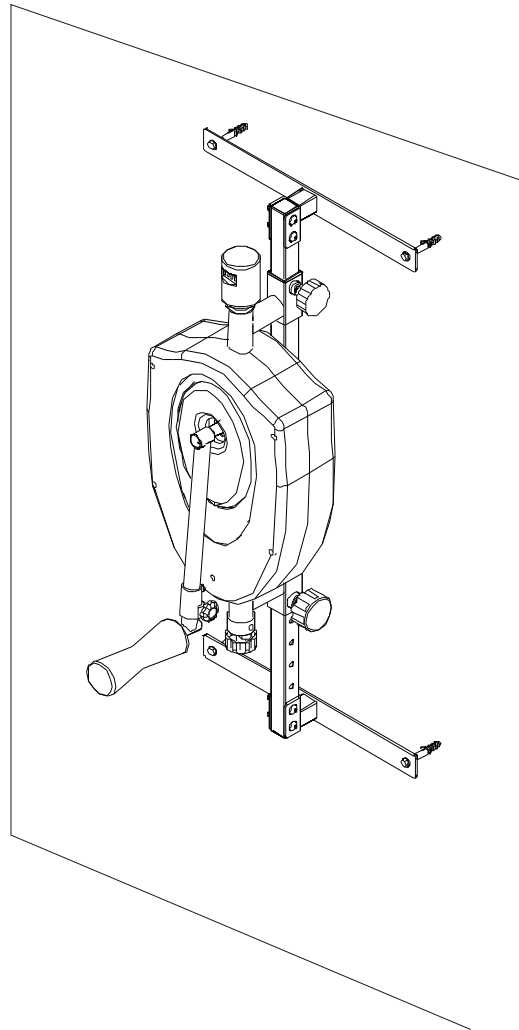


STEP 2.

Attach the Foamgrip(#48) to the Handle bar(#47) and tighten it. Secure the main body to a level wall or board with four Hex head screws(#34), four Flat washers(#35) and four Wall mounts(#36).

Note: *Keep in mind that the length of Handle bar(#47) can be adjusted before operation.
*Turn the Resistant tension knob(#40) clockwise for a more difficult workout, and counter clockwise for a less difficult workout.

ELECTRONIC MONITOR



STEP 3.

Secure the exerciser on the wall with four Hex head screw(#34), four Flat washer (#35) and four Wall mount(#36).

FUNCTION BUTTON

MODE/RESET PRESS TO SELECT FUNCTIONS PRESET, OR HOLD ON CAN BE TOTAL RESET FOR ALL FUNCTION VALUES.

FUNCTIONS

STOP WHEN STOP PEDALING, "STOP" DISPLAYS ON LCD.

STRIDES/MIN DISPLAYS NUMBERS EXERCISER STRIDES EVERY MINUTE.

SCAN AUTOMATICALLY SCAN THROUGH EACH FUNCTION IN SEQUENCE FOR EVERY 6 SECONDS.

COUNT ACCUMULATES TOTAL NUMBERS OF STRIDE DURING WORKING SESSION.

TIME ACCUMULATES TOTAL WORKING TIME UP TO 99:59

NOTE:

1. WITHOUT ANY SIGNAL FOR A PERIOD OF 4 MINUTES, THE LCD DISPLAY WILL SHUT OFF AUTOMATICALLY, AND ALL PREVIOUS WORKING VALUES ARE TOTAL RESET.
2. WHEN THERE IS SIGNAL IN, THE MONITOR IS AUTO POWER ON.
3. IF IMPROPER DISPLAY ON MONITOR, PLEASE RE-INSTALL THE BATTERIES TO HAVE A GOOD RESULT.
4. BATTERY SPEC: 1.5V AA(1PC).



PARTS LIST

NO.	DESCRIPTIONS	Q'TY.	NO.	DESCRIPTIONS	Q'TY.
1	Main Frame	1	31	Flat washer (Ø8.5xØ16x1.5t)	4
2	Fixing bracket, Magnet	1	32	Nylon nut (M8)	4
3	Magnet	6	33	Square plug	2
4	Phillips screw (M6x10L)	14	34	Hex head screw (1/4"x2")	4
5	Flat washer	2	35	Flat washer (Ø1/4xØ14x1.0t)	4
6	Fixing bracket, Idle wheel	1	36	Wall mount	4
7	C clip	1	37	Plastic bushing	2
8	Bearing (6001ZZ)	1	38	Knob	1
9	Socket head screw (M8x60L)	1	39	Pop knob	1
10	Drive wheel	1	40	Resistance tension knob	1
11	Drive belt (210J3)	1	41	Phillips screw (M4x12L)	1
12	Drive belt (220J3)	1	42	Monitor	1
13	Bracket, Bearing	2	43	Magnet	1
14	Bearing (6003ZZ)	2	44	Adjusted handle bar	1
15	Fixing plat, bearing bracket	2	45	Shaft screw (8x25L)	1
16	C clip	2	46	Shaft cap	1
17	Middle wheel	1	47	Handle bar	1
18	Bearing (6000ZZ)	2	48	Foam grip	1
19	Axle, Middle wheel	1	49	Pop knob	1
20	Flat washer (Ø10.5xØ22x1.5t)	5	50	Phillips screw (M6x20L)	1
21	Flat washer (Ø10.5xØ22x2.0t)	3	51	Housing	2
22	Flange nut (M10x1.25p)	4	52	Decor. plate	2
23	Nut (M10x1.25p)	2	53	Phillips screw (#8x3/4"L)	6
24	Fly wheel	1	54	Phillips screw (4x20L)	4
25	Alum. Plate	1			
26	Fly wheel Axle	1			
27	Bearing(6201ZZ)	2			
28	Main frame mounting	2			
29	Upright tube	1			
30	Socket head screw (M8x50L)	4			

EXPLODED DIAGRAM

