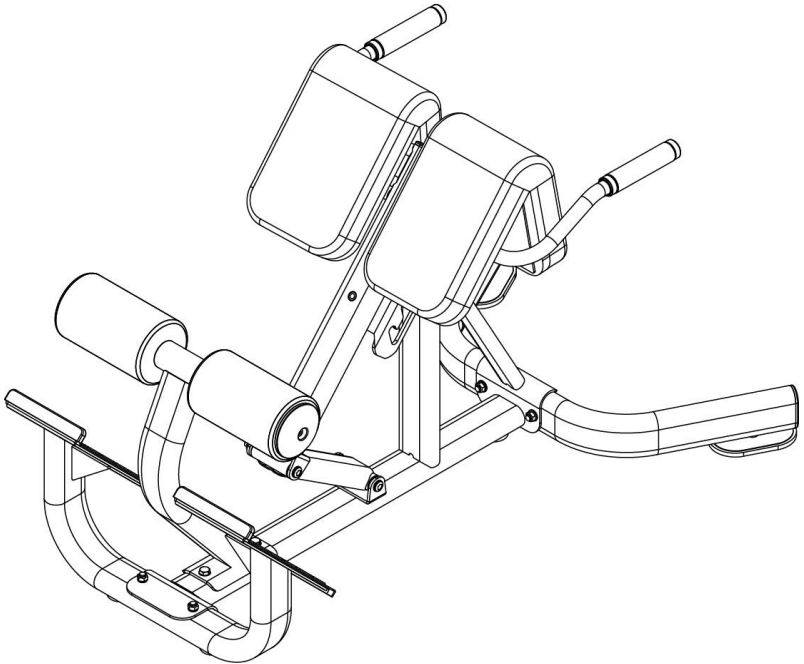


UP106

Operation instruction



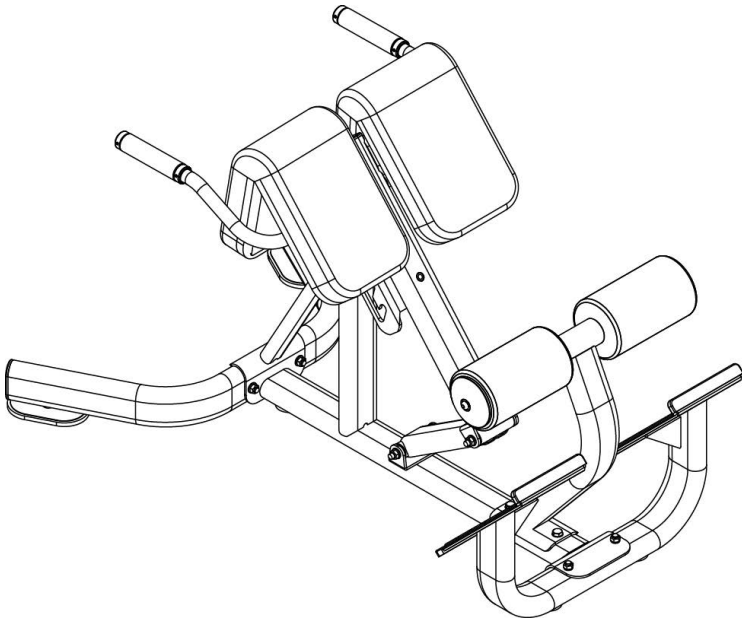
Roman chair

Attention!

Please read the instructions carefully before using this equipment.

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Important safety facts

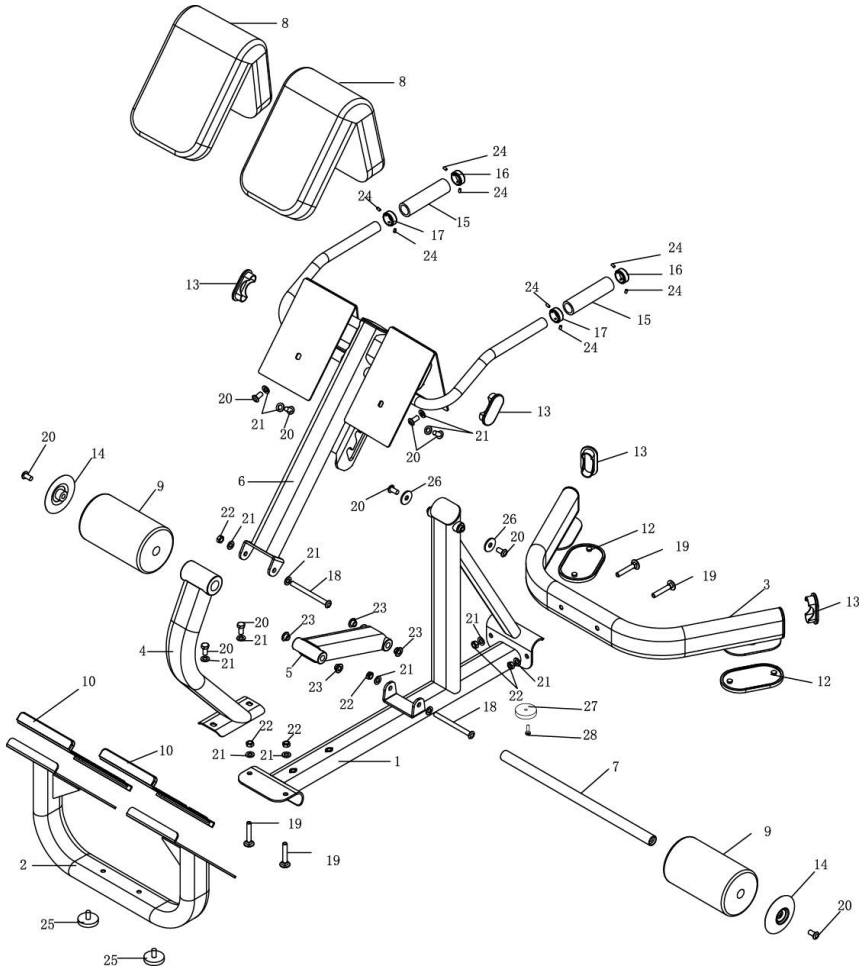
Please keep the instruction manual properly for future reference.

Precautions

Although the safety precautions have been taken into account as much as possible during the design and manufacture of the training equipment, there are still some safety precautions that you need to follow during the operation. Please read and use this manual carefully before assembling and using the training equipment, especially the following safety precautions:

1. Avoid letting children and pets near the training equipment. Children who are left unattended cannot be left alone in the room where the training equipment is placed.
2. Only one person is allowed to use the training equipment.
3. If the user feels dizzy, nausea, chest tightness or other discomfort, please stop using it immediately and see a doctor immediately.
4. The training equipment shall be placed on a clean and flat plane, and shall not be used near the water source or outdoors.
5. When using, hands should not be close to any transmission parts.
6. When using the training equipment for training, the clothes should be suitable for training, and do not wear loose clothes or other clothes that may get stuck during training. It is suggested to wear sports shoes or health care shoes as much as possible during training.
7. In the process of using the training equipment, the training can only be carried out in the manner described in the operation instruction manual, and it is forbidden to carry out the training in the manner not mentioned in the operation instruction.
8. Do not put any sharp objects around the training equipment.
9. Persons with disabilities are not allowed to use the training equipment without the supervision of sparring staff or nursing staff.
10. Before training, warm up by doing various stretching exercises.
11. If the training equipment has abnormal function, please stop using it.
12. In the process of training, make training records at any time.
13. The training equipment is not suitable for use as medical equipment.
14. The maximum user weight of this product is 150kg.

Exploded view

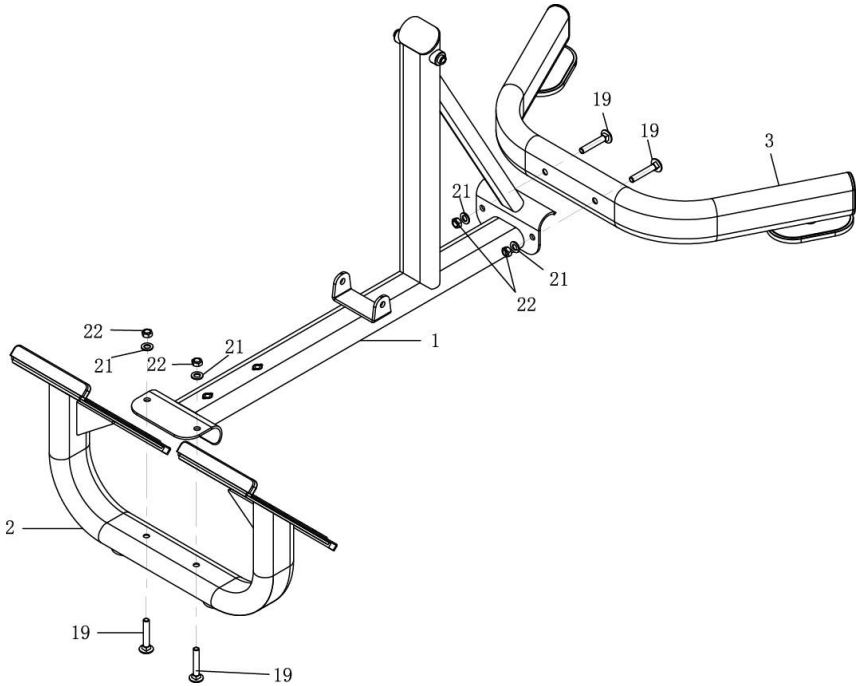


Parts list

Parts list					
Number	Name and specification	Quantity	Number	Name and specification	Quantity
1	Underframe weldment.	1	25	Adjust the foot pad	2
2	Pedal assembly	1	26	φ 28*φ 10 flat gasket	2
3	Assembly of forefoot tube	1	27	Round rubber pad	1
4	Hook foot tube assembly	1	28	Cross recessed pan head screws(M6*20)	1
5	Connecting pipe weldments	1			
6	Adjusting frame assembly	1			
7	Sponge rod tube	1			
8	Cushion	2			
9	Sponge stick	2			
10	Pedal (plastic)	2			
11	Foot cover	2			
12	Floor mat	2			
13	Plane *40*80*2.0 plug	4			
14	∅ 25 round tube end cover	2			
15	Grip sleeve	2			
16	Outer plug of aluminum pipe	2			
17	Aluminum retaining ring	2			
18	Hexagon socket head bolt M10*115	2			
19	Pan head square neck bolt M10*55	2			
20	Hexagon socket head bolt M10*20	10			
21	φ 10 flat gasket	14			
22	M10 locknut	6			
23	Axle sleeve	4			
24	M5*3 set screw	8			
TOOL					
	Hexagon wrench 6#	1			
	Wrenches 14# and 17#	1			

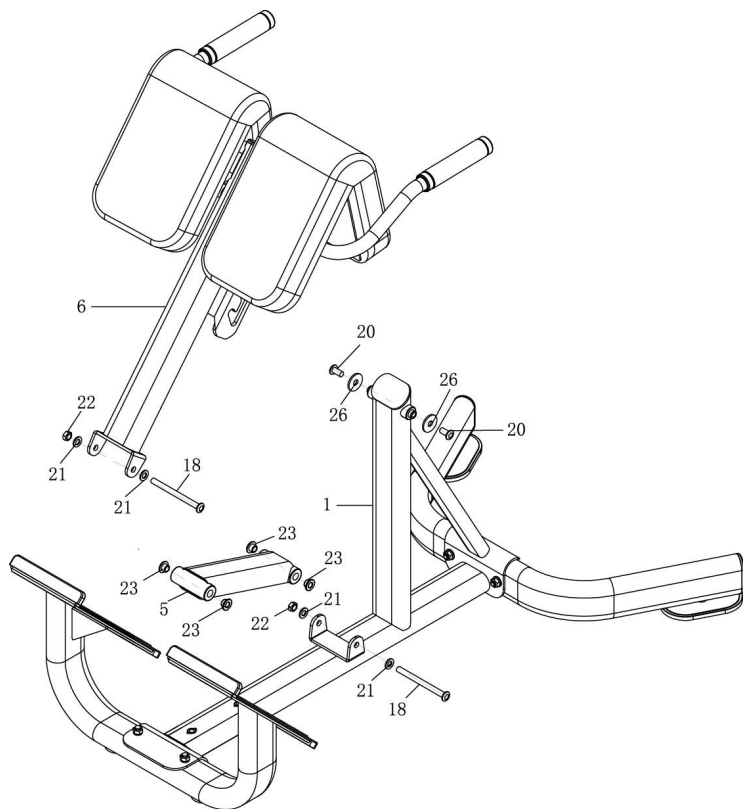
Assembly instruction

STEP 1



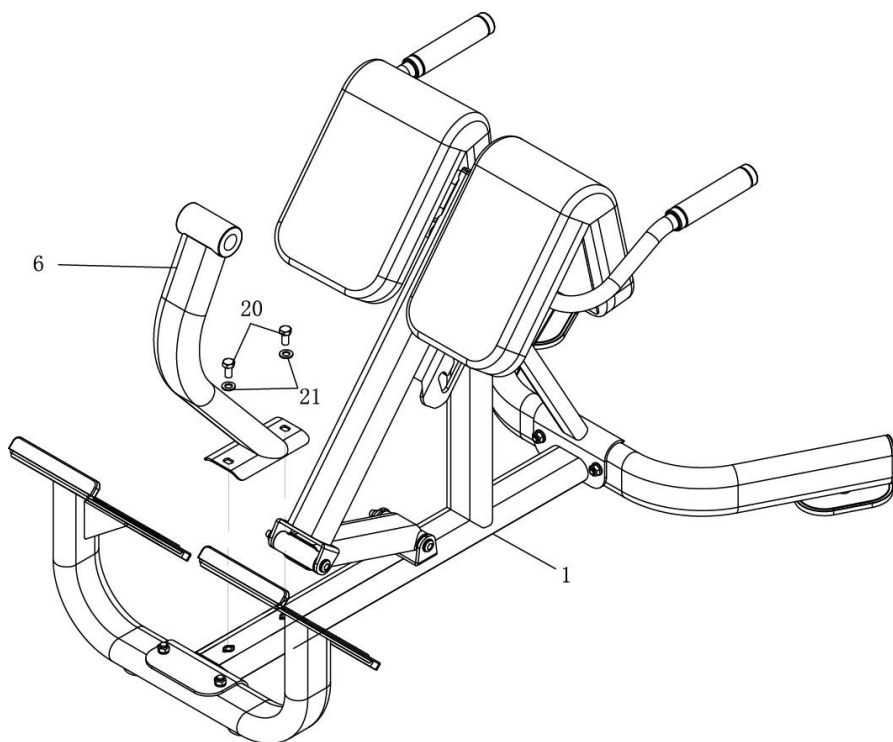
1. Place the pedal assembly (2) and chassis weldment (1) according to the drawing, align with the hole position, and use M10*55 hexagon socket head square neck bolt (19), ϕ 10 flat pad (21) and M10 locknut (22) to temporarily lock them without locking them.
2. Place the front foot pipe assembly (3) and chassis weldment (1) according to the drawing, align them with the hole position, and use M10*55 hexagon socket head square neck bolt (19), ϕ 10 flat pad (21) and M10 locknut (22) to temporarily lock them without locking them.

STEP2



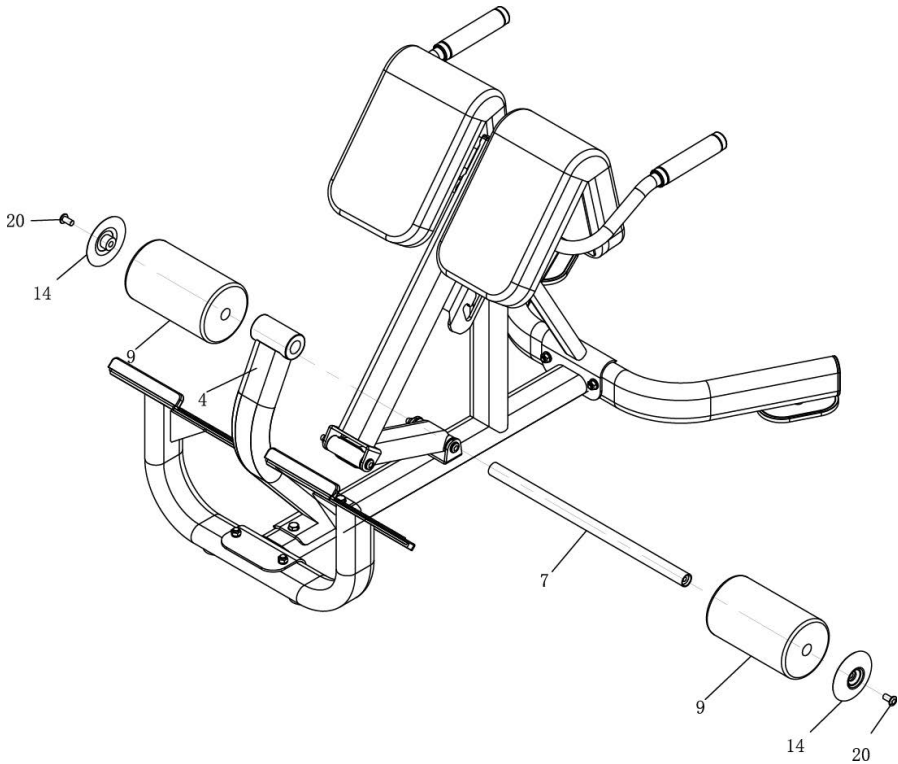
1. Insert the shaft sleeve (23) into the corresponding position of the connecting pipe weldment (5) according to the drawing, then assemble it with the adjusting frame assembly (6), align the hole position, and use M10*115 pan head hexagon socket pan head bolt (18), ϕ 10 flat washer (21) and M10 locknut (22) to temporarily lock it without locking it.
2. Lock M10*20 pan head hexagon bolt (20) and ϕ 28* ϕ 10 flat gasket at the corresponding positions of the chassis weldment (1) according to the drawing, without locking. Then place the adjusting frame assembly (6) at the position corresponding to the bottom frame weldment (1).
3. Insert the shaft sleeve (23) into the corresponding position on the other side of the connecting pipe weldment (5) according to the drawing, then cooperate with the chassis weldment, and use M10*115 pan head hexagon bolt (18), ϕ 10 flat washer (21) and M10 locknut (22) to temporarily lock it without locking it.

STEP 3



1. Place the hook foot tube assembly (6) and chassis weldment (1) according to the drawing, align them with the hole position, and use M10*20 hexagon socket head bolt (20), ϕ 10 flat pad (21) and M10 locknut (22) to lock them temporarily without locking them.

STEP 4



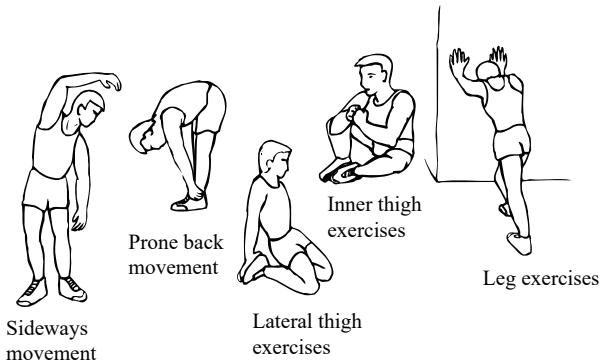
1. Insert the sponge rod tube (7) into the hook foot tube assembly (4) according to the drawing, with the dimensions centered on both sides.
2. Insert the sponge rod (9) into the sponge rod tube (7) according to the drawing, seal it with $\phi 25$ end cover (14), and finally lock it with M10*20 hexagon socket head bolt (20) .
3. After adjusting the whole frame to a balanced state, lock all the corresponding fasteners.

Training Instruction

Using this product can not only strengthen physique and exercise muscles, but also play a role in losing weight through reasonable diet.

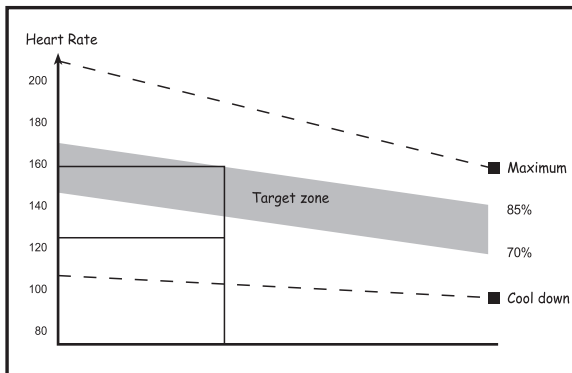
Warm up before training.

The warm-up exercise at this stage can enhance the blood circulation of the trainer's body, make the muscles reach a good training state, and at the same time reduce the risk of cramping or muscle strain during training. Before each training, please do warm-up exercises according to the following suggested training methods. Each stretching exercise must be held for about 30 seconds. When doing exercises, you should not do strenuous stretching exercise to avoid muscle damage. Please stop practicing once your muscles are damaged.



Training stage

This stage is a formal training stage. After long-term regular practice, users can improve the flexibility of leg muscles. The key in the training process is to practice at a stable training intensity according to your own training situation. During practice, the user should choose reasonable training intensity and keep the heart rate within the target range listed in the following table.



In order to keep the heart rate within the corresponding target range, users should continue to train for at least 12 minutes, and most users should continue to train for 15-20 minutes at the beginning of training.

Recovery stage after training.

In the recovery stage, users need to repeat the activities in the preparation stage. In this process, the user can appropriately reduce the range and speed of the movement, which lasts about 5 minutes. Exercise adjusts the body heat and relaxes the muscles. It should be noted that you should not do strenuous stretching activities during exercise, so as not to injure muscles.

Under the condition of adapting to training, the user can gradually increase the training time and intensity. It is recommended to train at least 3 times a week. If possible, record the average level of weekly practice.



Training record

Use this blank paper to record the results of your training.

