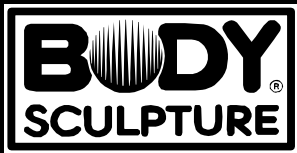


BM-1491

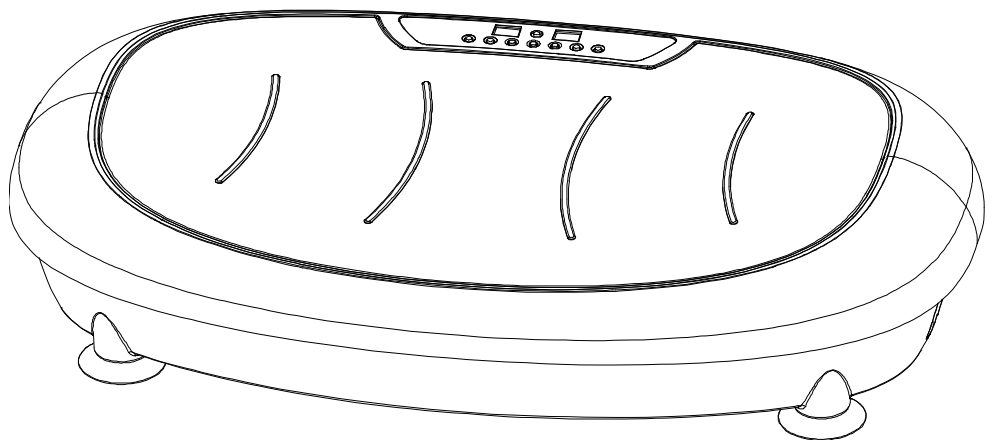
POWER TRAINER

WITH REMOTE

CONTROL



SINCE 1965



IMPORTANT SAFETY INFORMATION

Please keep this manual in a safe place for reference.

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the Power Trainer.

Cautions for using environment

1. Please don't use the product in humid or dusty environment in order to avoid electric shock or electro-mechanical fault.
2. This unit is not allowed using in a high-temperature environment which indoor temperature is above 40 degrees centigrade.
3. Please don't place this unit outdoors or exposure it under direct sunlight.
4. Please place this product on flat floor.

People under blew conditions were not suggested to use this product.

1. Please consult with healthy care doctor before using this product if someone who were being treated or who has physical discomfort.
2. Not suitable to use for children under 10 years old; pregnant women; women in physiological period, malignant tumor patient.
3. Not suitable for people who has implanted cardiac pacemaker or other electronic instrument.
4. Please don't use this unit after drunk within half an hour or after mea.

Special remarks when using this item.

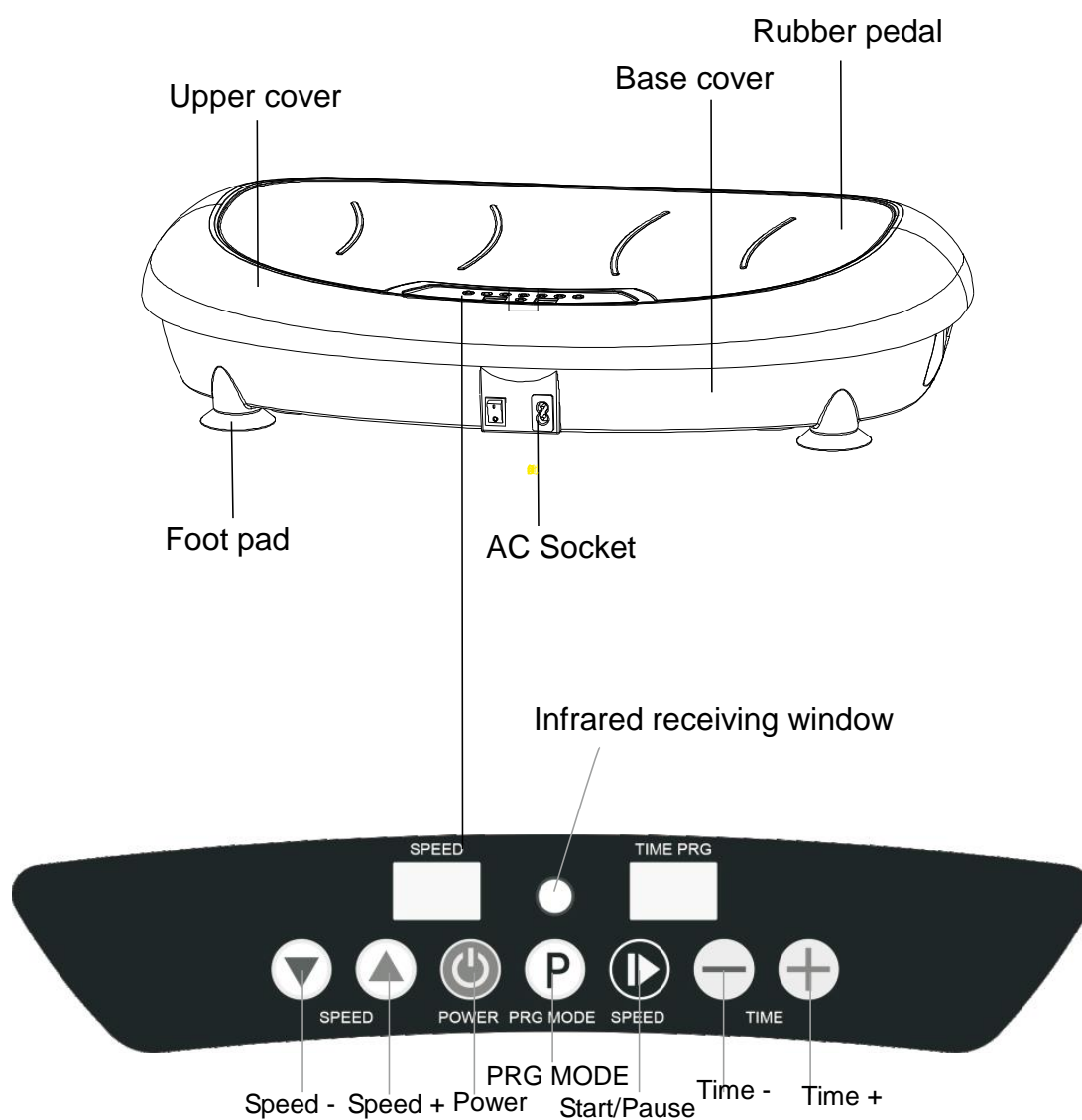
1. It is better to drink a cup of plain boiled water more than 150 cubic centimeter before using this item.
2. It is strictly forbidden to put the finger or other things into the gap of middle cover and base cover.
3. Children and elderly slowpoke should better use this machine under adult supervision.
4. Not suitable for people when they feel abnormal painful or local discomfort during using period.
5. Maximum weight capacity:100KGS. People over 100kgs were not suggested to use this unit in order to avoid affecting product using life.
6. It is only available for one person

Forbidden.

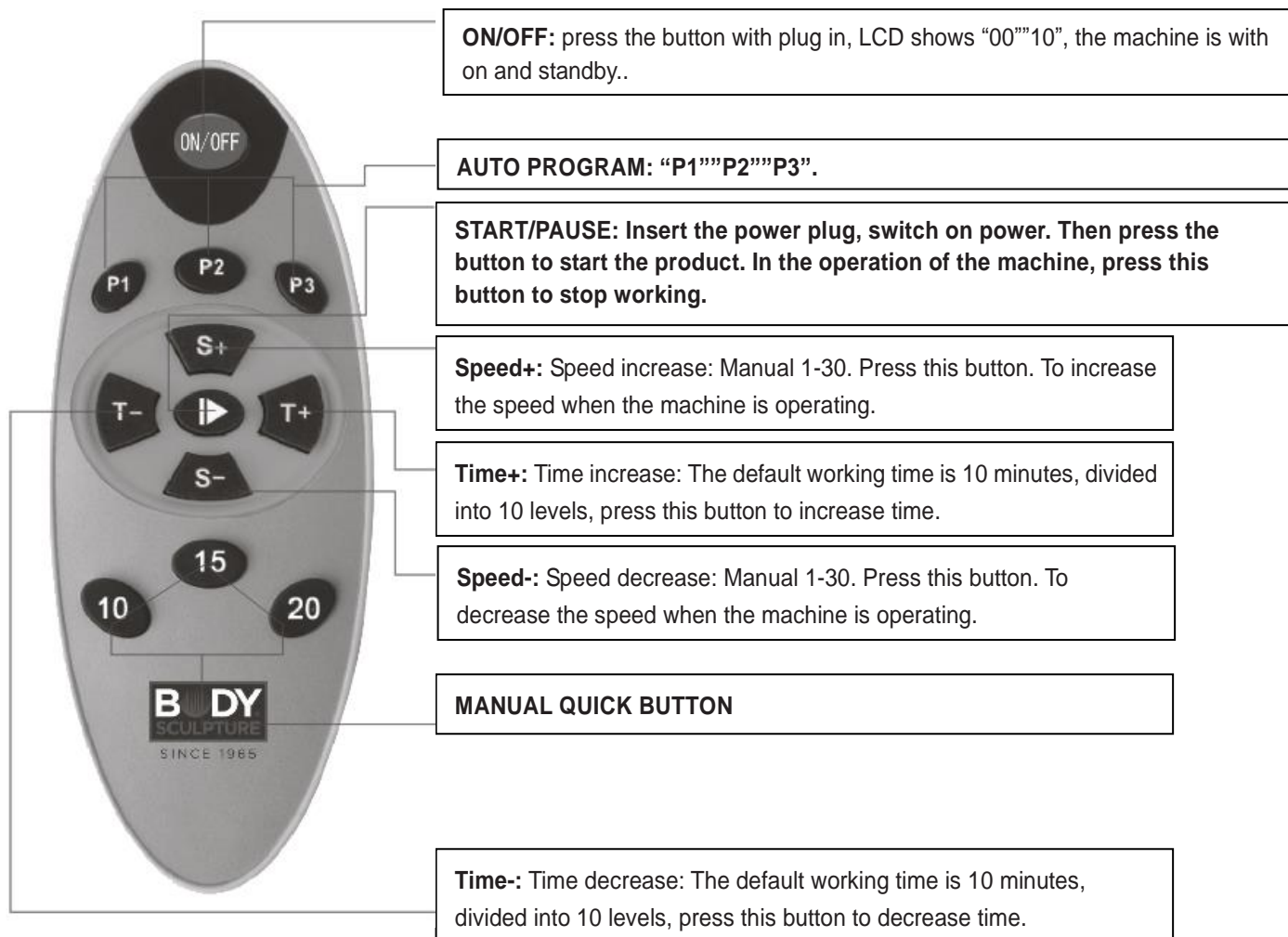
1. Decomposition, disassembly, refit the product without permission are prohibited that in case of electric shock or electro-mechanical fault, please contact manufacturer or local dealers in time if occurred any problems.
2. Move the machine when it start working is prohibited in case of avoid hurt your fingers.
3. Stop using the product immediately by turn off the power, pull away power line from the socket if meet below conditions
4. Sudden lightning or outage; Water or other liquid splash into the product or remote accidentally; related accessories damaged or internal abnormal noise occurs.
5. About power outlet and power line.
6. Please check whether the voltage is conform to product requirements not before start operating.
7. Do not retract the power cord with wet hands in case of electric shock.
8. Please tightly hold on power cord when pulling it out of the power socket.
9. Do not drag, bending or distort the power cord.

10. Please close the power switch and pull the plug when meet outage condition or when it would be stopped in using for a long time.
11. Please stop using the product immediately when power cord damaged, turn off the power switch, pull the power cord away from the socket, and contact with professional serviceman.
12. If you experience any problems or require assistance, please contact our customer services on 01274 693888.
This is only available for UK resident

NAME AND FUNCTION OF THE PRODUCT



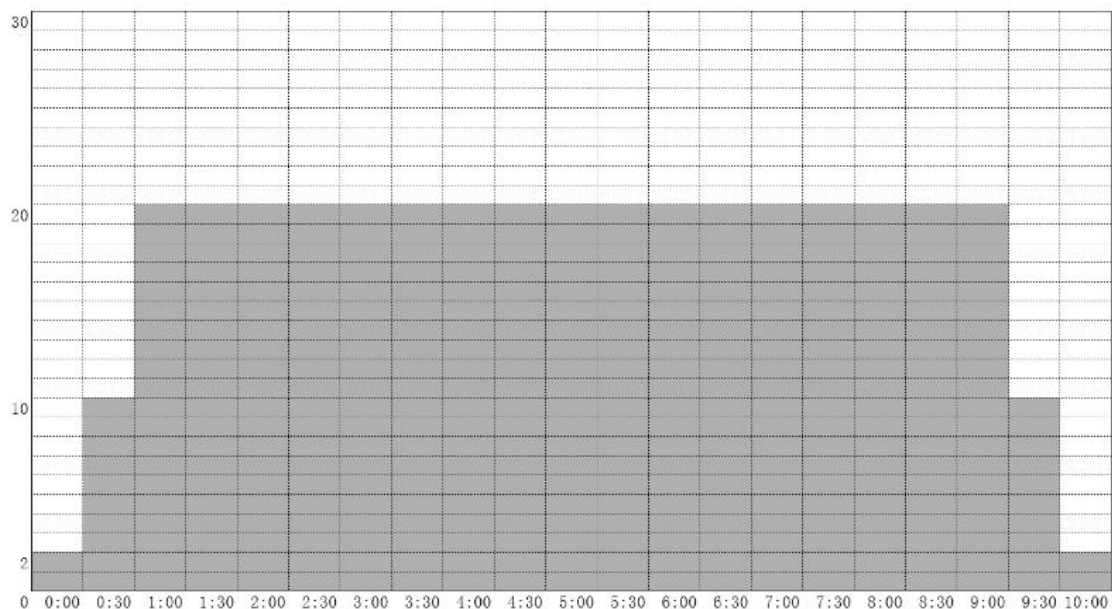
NAME AND FUNCTION OF CONTROLLER



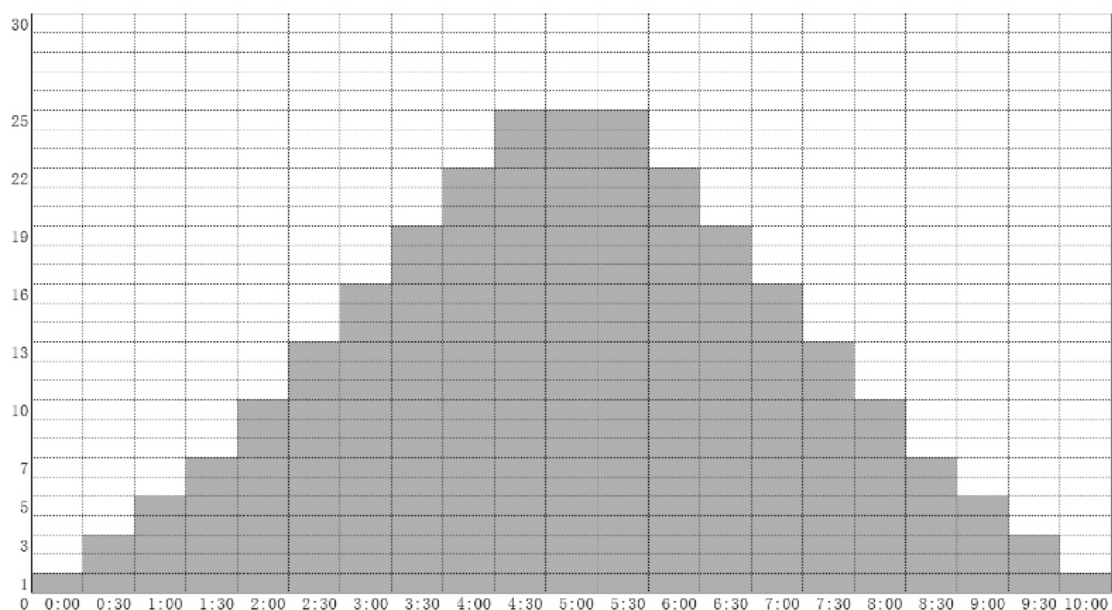
NOTE: The effective reception range of the remote control signal is 2.5 meters, the infrared emission indicator of the controller should be aligned the infrared receiving window on the product.

PROGRAM MODE

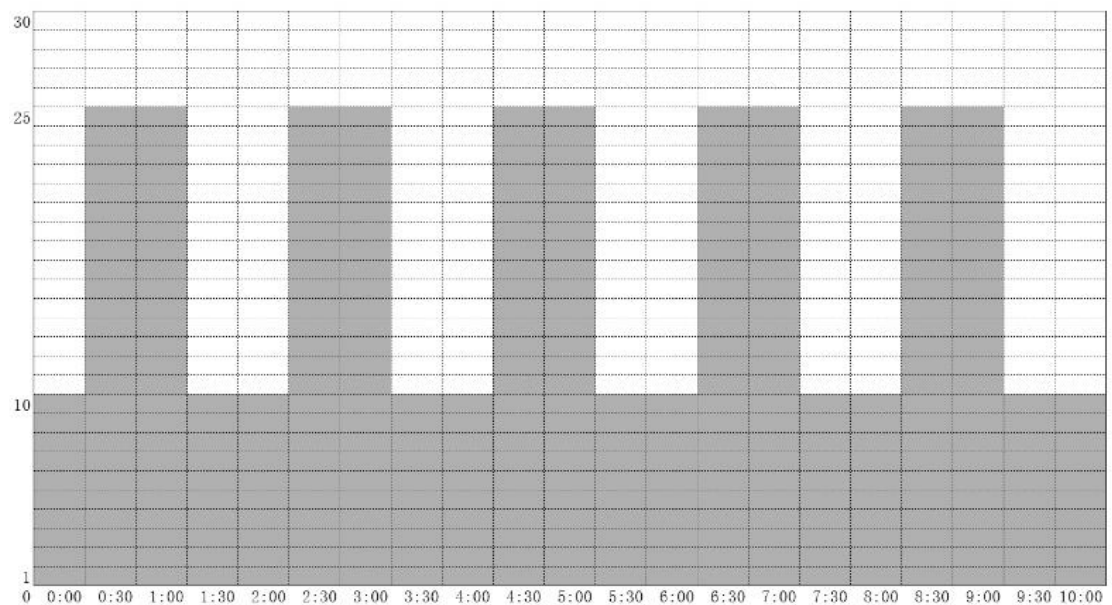
P1



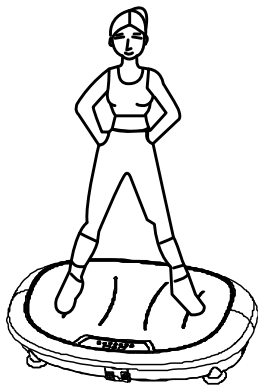
P2



P3



EXERCISE SESSION



Stand upright on the product, with two legs apart, the distance of two legs is mostly the same as width of shoulder. This position can exercise waists and buttocks to relieve stress on waists and sculpture beautiful curve of buttocks.



Stand on the product with two legs apart and knees bent. The posture can exercise thighs to sweep pain and soreness, improve blood circulation and reduce fat deposits.



Seat on chair or sofa with feet put on the product. This posture can exercise both thigh and calf.



Seat on carpet with two legs put on the product. This posture can exercise leg.



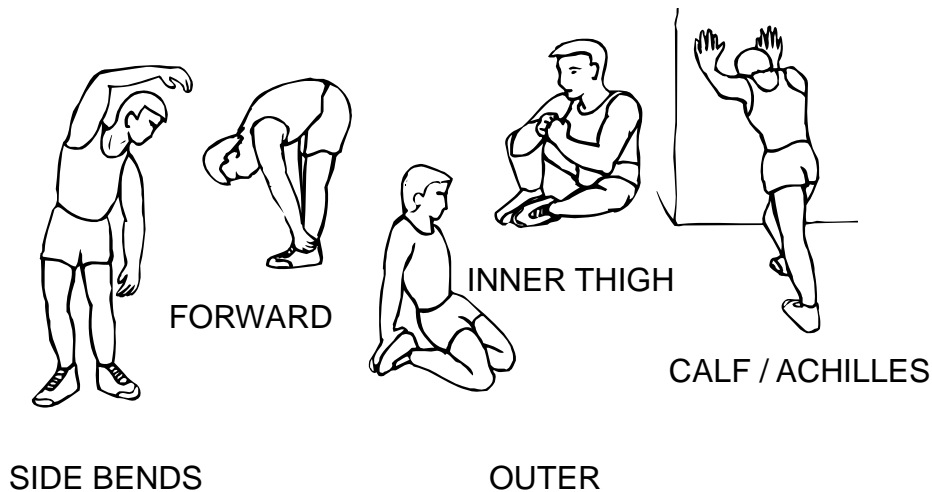
Kneel on the carpet, put hands onto the product with body lean forward, this posture can exercise shoulder joint and arms.

EXERCISE INSTRUCTION

Using your POWER TRAINER provides several benefits, improves physical fitness, tones your muscles, helps improve circulation, in conjunction with a calorie controlled diet, help you lose weight.

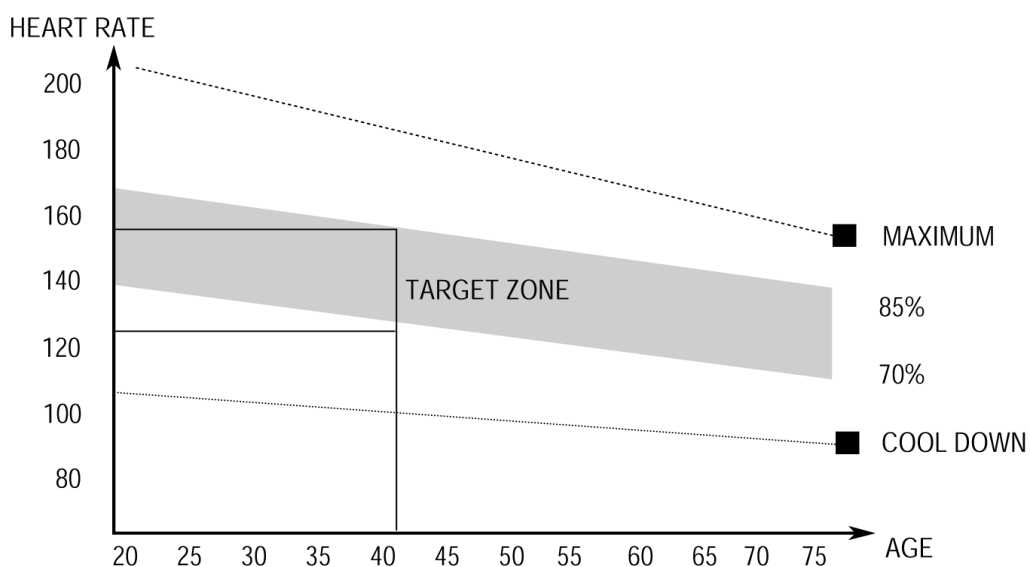
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace, but be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



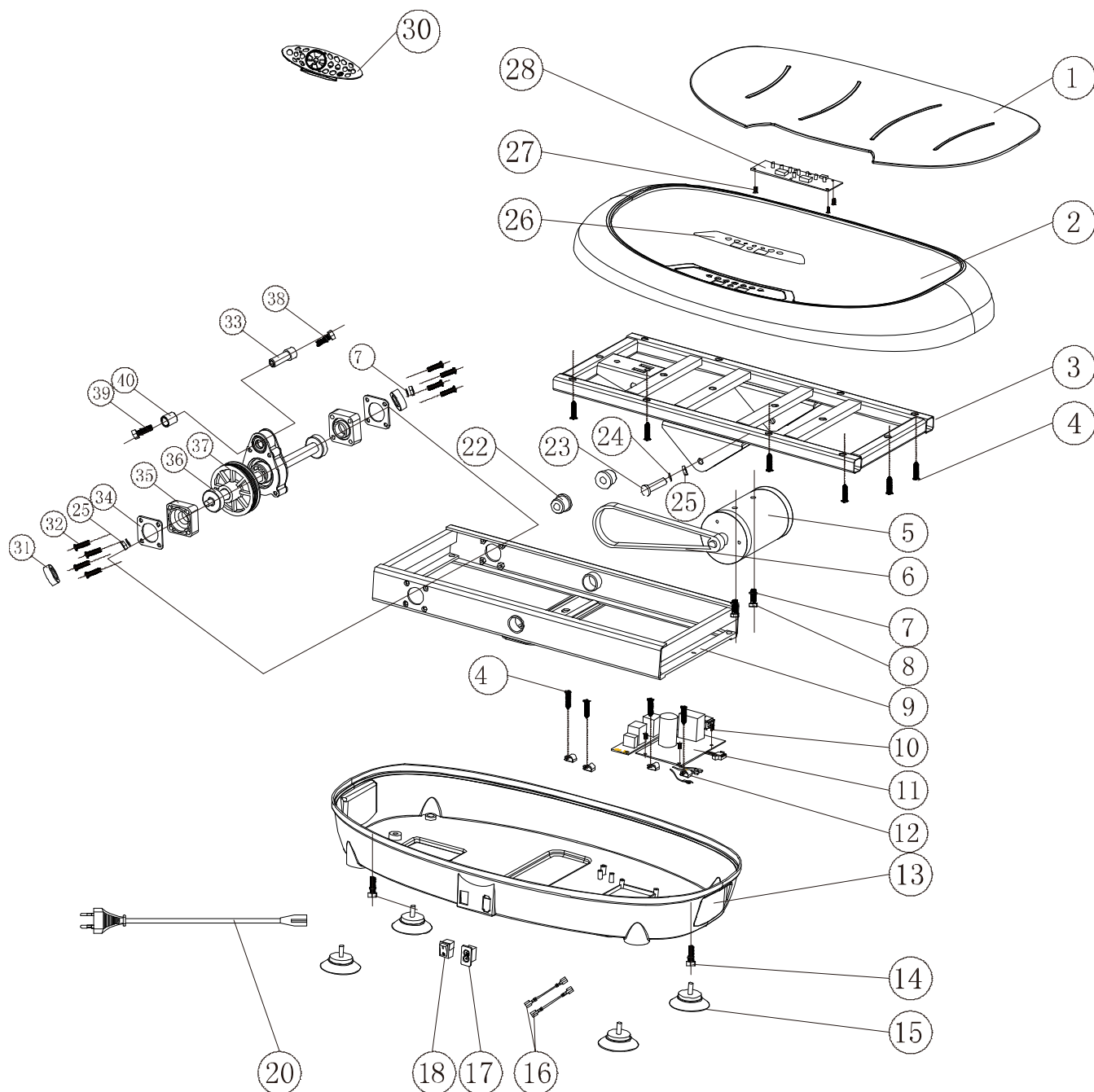
This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes.

STORAGE & CLEANING

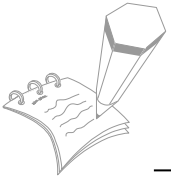
- Clean the POWER TRAINER with a damp cloth and mild detergent only, immediately after use. Ensure the POWER TRAINER is unplugged from the mains before cleaning is undertaken.
- Regularly check the cord/cable for damage before storing. Should the cord/cable be damaged in any way it must only be replaced by the manufacturer or a similar qualified person in order to avoid a hazard.
- Regularly check the POWER TRAINER but do not switch on if it appears to be damaged or operating incorrectly. Do not attempt to carry out any repair to the POWER TRAINER in any way as this must in all cases be referred to a suitably qualified technician.
- Never pull the cord/cable to disconnect from the power outlet. Always grasp the plug and pull to disconnect.
- Remove the plug when not in use.
- Should you need to store your POWER TRAINER between uses, it is advisable to seek help with moving it. Store on its feet at all times.

TOP TIP: Use a weak solution of anti-bacterial washing up liquid in warm water and a microfiber cloth to clean your POWER TRAINER; be sure to wring out the cloth so that it is just damp. Do ensure your POWER TRAINER is unplugged before attempting cleaning.

EXPLODED-VIEW ASSEMBLY DRAWING

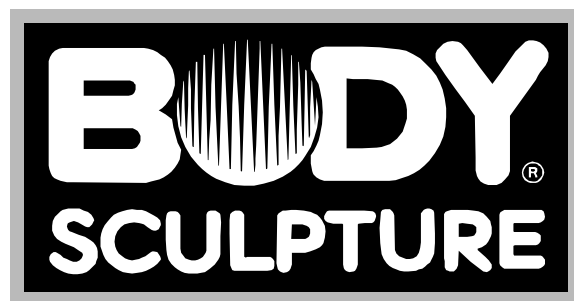


PARTS LIST					
PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
001	Rubber plate	1	022	Plastic support plug	2
002	Upper cover	1	023	Support shaft pin	2
003	Main plate	1	024	Flat washer (8)	2
004	Philip screw ST4*12	22	025	Nylon nut (M8)	4
005	Motor	1	026	Console overlay	1
006	Belt	1	027	Philip screw (ST3*6)	4
007	Spring washer (8)	6	028	Console board	1
008	Hex bolt (M8*10)	2	030	Remote controller	1
009	Main frame	1	031	Bearing sleeve	2
010	Philip screw (ST3*10)	4	032	Screw (M5*25)	8
011	Lower controller board	1	033	Axle of link block	1
012	R clamp	4	034	Cover of axle bracket	2
013	Bottom cover	1	035	Main axle bracket	2
014	Allen bolt (M5*16)	2	036	Bearing	2
015	Foot cushion	4	037	Flywheel	1
016	Electrical wire	3	038	Spring washer (8)	6
017	Power socket	1	039	Hex bolt (M8*20)	2
018	Switch	1	040	Bushing	1
020	Power cord	1			



EXERCISE NOTES

Use this space to record your own exercise routine results.



S I N C E 1 9 6 5