

使用说明书

技术参数

尺寸	145x210mm
材质	封面封底：157g双铜纸+过哑膜；内页105g双铜纸
工艺	印刷:彩色印刷
成型方式	骑马订16P
特殊说明	

公差设定

纸本类	公差表					
	(此处为默认公差，单独标注的公差范围除外) 单位：mm					
	尺寸范围	0-60	>60-100	>100-150	>150-200	>200-600
	尺寸公差	±1.0	±1.5	±2.0	±2.5	±3
	图文位置偏移公差	±2.0				±3

*此页非印刷&刻录页



广州视源电子科技股份有限公司
GUANGZHOU SHIYUAN ELECTRONIC CO.,LTD.

PC145-G03-R352045-V1.0 说明书-英文-Squatz



Product Introduction



- 1 Display Area
- 2 Control Panel
- 3 Connecting Buckle
- 4 Speaker

- 5 Wheel
- 6 Lifting handle
- 7 Power socket
- 8 Power Switch

Packing List



Power Station Lite Device



Training Pole



Handle



Ankle Sleeve



AC Power Cord



Connecting Buckle



User manual

Safety Precautions

Thank you for choosing the Power Station. The correct use of the product is the guarantee of safe exercise. To protect the personal safety of you and your family during exercise, please read this manual carefully before using the power station, and strictly follow the precautions in the instructions when using.

◆ User related

1. Please wear appropriate sports shoes and clothes to use this equipment, and perform appropriate warm-up exercises first.
2. If you feel any discomfort or any abnormalities in your body during use, please stop exercising immediately and consult a doctor.
3. Elderly people over 65 years of age, pregnant women, pregnant women, breastfeeding mothers, who have undergone surgery within 6 months, suffer from heart disease, high blood pressure, asthma, and other diseases that cannot engage in strenuous exercise, and other medical advice is not recommended. In the case of strenuous exercise, we do not recommend that you use the power station, if you are using it, please stop using it immediately.
4. Before and after using, it is strictly prohibited to drink alcoholic beverages and any excitement products prohibited by national laws and regulations.
5. Fatigue, failure to use the operation method, and excessive exercise may cause you to be injured. You should make accurate judgments about your physical condition and endurance before exercising, and ensure that the exercise, intensity and duration are appropriate.

6. When using the power station, please keep children and pets away from the power station to avoid danger.
7. Minors must use this equipment under the supervision and guidance of their guardians, not alone.
8. When the operator with long hair uses this machine, it is recommended to coil or tie up the hair to prevent the hair from entering the gap of the equipment by mistake.
9. Keep indoors with a certain humidity in winter to avoid static electricity. Static electricity may interfere with the operation of the equipment and even cause damage to the equipment. Chemical fiber fabrics are prone to static electricity. Avoid wearing chemical fiber clothing to use this equipment.

◆ Equipment and using environment

1. The power station Lie is an indoor sports equipment, please do not place it outdoors.
2. When using the power station, make sure that the power station is in a safe and open space in at least 2 square-meters.
3. The location of the power station should be far away from water, heat and flammable and explosive materials.
4. The power station is a special equipment for sports, please do not disassemble it at will, and do not modify it for other purposes at will to avoid potential safety hazards.

5. Do not splash liquids on the power station, and do not place any foreign objects on the power station.

6. Do not insert your fingers or any foreign objects into the gap of the power station to avoid danger.

7. Do not touch the power cord, power socket and power switch with wet hands.

9. Please do not use the power cord or plug that is damaged or stuck with water. If the power cord of the power station is damaged, please consult the after-sales service personnel or personnel with relevant professional qualifications to replace it, so as to avoid injury.

10. After using, please turn off the power station and unplug the power station in time.

11. When cleaning the machine, you must unplug the power cord and wipe it with a clean and soft towel that does not drip.

12. The power station should be placed on a clean, flat, and hard ground. Do not place soft cushions such as blankets or yoga mats under the equipment.

13. The rollers of the power station are only suitable for indoor wooden and tiled floors. Please do not use them on bumpy roads such as asphalt roads in outdoor scenes.

14. The current product is only suitable for home use, commercial scenarios (such as gyms, etc.) are not applicable.

General Usability

1. The universal wheels are for indoor flat ground and short distance only. Please don't move it to outdoor or long distances, otherwise it might cause unnecessary damage to the wheels. In case of any wheels problems, please ask technical teams for simple fixing instructions.

2. Please don't pull out the cables without the machine powered on. Otherwise it might cause the cables to not retract.

3. Please don't pull the cables at a fast speed(0.5s/meter) when it's in small resistance below 10kg.

4. Please don't bend the cables or press another force onto them. Otherwise it might cause permanent deformation, resulting in cables not retracting.

5. As this is a new product, misusing it might cause some minor errors. In case of any error or issues, please ask our technical teams for simple fixing instructions.

Operating Instructions

◆ Preparation before use

1. The Power Station Lite lite needs to be energized for use. Please do not pull out the rope before it is powered on, otherwise, the rope will not be retracted, if you accidentally pull the rope out without power on, please power on the power station and turn it on. The rope will automatically retract.

2. When using the Power Station Lite lite, please do not leave the training area, so as to avoid the equipment being pulled off the ground, causing safety risks.

◆ Power-on and off

1. Plug the power cord into the power socket on the side of the Power Station Lite lite. After plugging it in, press down the power switch to turn on the Power Station Lite lite, the power switch down “I” is to start the power, and up “O” is to shut down.



2. After pressing the power switch, there is 3 seconds of safety protection time, after which the device will start to respond. Please do not press the power switch repeatedly during this period.

Control Instructions



◆ Resistance adjustment

1. In the Power Station Lite lite control panel, you can perform resistance adjustment, mode switching, and start/stop operations.

2. If the number in the display is flashing, it means the Power Station Lite lite is in an adjustable state.

3. You can adjust the resistance by turning the knob, to the right to increase, and to the left to decrease.

4. After adjusting to the weight you need, press the middle start and stop button, the Power Station Lite lite will start.

5. To ensure your safety, you will not be able to switch between modes or weights directly after starting the Power Station Lite lite. At this time, the number on the screen is always on and will not flash; you need to press the start and stop button to release the resistance to continue the weight adjustment.

◆ Mode Switching

We provide three resistance modes for the Power Station Lite lite, which are Standard mode, Eccentric mode and Isokinetic mode . When the power station Lite is in an adjustable status, long press the Start button to adjust the mode to 1/2/3 accordingly.

◆ Standard Mode

The standard mode means that the resistance of pulling up and returning is the same. For example, if you choose 10KG, the resistances of centripetal and eccentric movement are both 10KG.



◆ Eccentric Mode

1. Eccentric mode means that the resistance is greater when the rope is put back, and the resistance is less when the rope is pulled up.
2. The set weight is the weight of the eccentric stage of putting back the rope. For example, if you set 10KG, the centripetal stage of pulling up is less than 10KG, and the eccentric stage of putting it back will have 10KG. This mode can provide you more impactful training weight, and more stimulation for your muscles.



◆ Isokinetic Mode

1. In the isokinetic mode, the resistance will change dynamically with the force you exert. When the device feels that you are exerting a lot of force, it will increase the resistance to ensure that the speed at which you pull is as close to a constant speed as possible, so that muscles are fully stimulated throughout.
2. We provide different speed levels of 0.1–1.0m/s to meet your different resistance and speed requirements.
3. When your pulling speed is lower than or equal to the set speed, the resistance is relatively constant; when you pull faster than the set speed, the resistance will increase and your movement speed will decrease.



◆ APP Connection

1. The power station can be connected with the "QiSense" APP, which can wirelessly control the power station, formulate training plans, view video courses and other functions through the APP.
2. Open the "QiSense" APP, click on the device connection in the upper right corner, select the power station, and search for the device. In the searched device list, click on the corresponding device to connect.

Note: Scan the QR Code accordingly to download and install the "QiSense" app.



◆ Volume Adjustment

1. The volume of the power station needs to be adjusted in the "QiSense" app.
2. After connecting to the power station, enter the device management page and click "Device Volume" to adjust.

FCC Warning

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
 - Increase the separation between the equipment and receiver.
 - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.
- The antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be collocated or operating in conjunction with any other antenna or transmitter, End-Users must be provided with transmitter operation conditions for satisfying RF exposure compliance.

Product Specification

Product Size(L × W × H)	851 × 524 × 126mm
Packaging Size(L × W × H)	970 × 635 × 233mm
Resistance Range	4~100lbs, adjust accuracy 1lb
Working Voltage(V)	AC 100~240V
Maximum Load	150KG
Operating temperature	10℃~35℃
Operating humidity	10%~90%

