

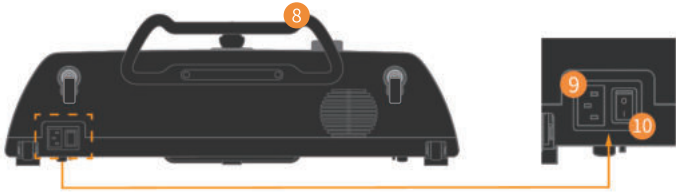
JLP60S Home Gym

Product Manual





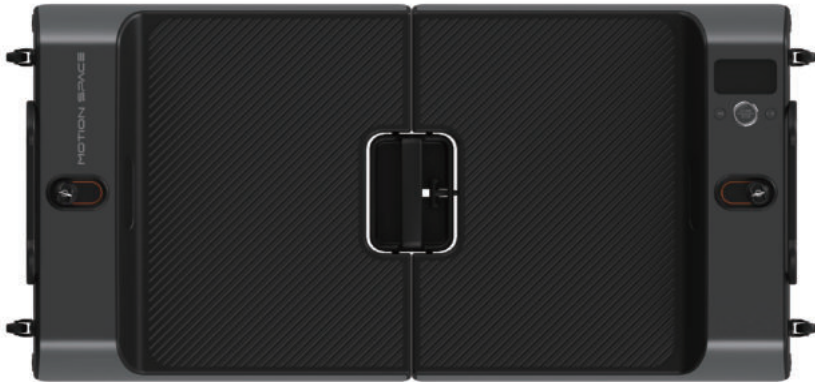
Product Introduction



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| 1 Display Screen | 2 Control Panel | 3 Connecting Buckle |
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| 10 Power Switch | | |



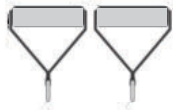
Packing List



Home Gym Device



Waist Band



Handle



Ankle Band



AC Power Cord



Wireless Switch



Connecting Buckle



Product Manual

Safety Precautions

Thank you for choosing the Home Gym. 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 Home Gym, 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 using, please stop exercising immediately and consult a doctor.
3. Elderly people over 65 years of age, 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 Home Gym, 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 Home Gym, please keep children and pets away from the Home Gym 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 Home Gym is an indoor sports equipment, please do not place it outdoors.
2. When using the Home Gym, make sure that the Home Gym is in a safe and open space in at least 2 square-meters.
3. The location of the Home Gym should be far away from water, heat and flammable and explosive materials.
4. The Home Gym 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 Home Gym, and do not place any foreign objects on the Home Gym.
6. Do not insert your fingers or any foreign objects into the gap of the Home Gym to avoid danger.
7. Do not touch the power cord, power socket and power switch with wet hands.
8. Please do not use the power cord or plug that is damaged or stuck with water. If the power cord of the Home Gym is damaged, please consult the after-sales service personnel or personnel with relevant professional qualifications to replace it, so as to avoid injury.
9. After using, please turn off the Home Gym and unplug the Home Gym in time.
10. When cleaning the machine, you must unplug the power cord and wipe it with a clean and soft towel that does not drip.
11. The Home Gym should be placed on a clean, flat, and hard ground. Do not place soft cushions such as blankets or yoga mats under the equipment.
12. The rollers of the Home Gym are only suitable for indoor wooden and tiled floors. Please do not use them on bumpy roads such as asphalt roads in outdoor scenes.
13. The current product is only suitable for home use, commercial scenarios (such as gyms, etc.) are not applicable.
14. Please cooperate with the Home Gym's own power cord for use, do not use other power cords for power supply.

16. The power plug must be grounded reliably, and try to avoid using other electrical appliances on the same power supply line. Please do not use the power cord or plug that is damaged or stuck with water. The power cord of the Home Gym is dedicated. If it is damaged, it must be replaced by the manufacturer, service center or personnel with relevant professional qualifications to avoid injury.

17. Do not plug the machine into a socket that is short-circuited to ground or leakage, to avoid electric shock.

◆ Warning

According to Waste of Electrical and Electronic Equipment (WEEE) directive, WEEE should be separately collected and treated. If at any time in future you need to dispose of this product please do NOT dispose of this product with household waste. Please send this product to WEEE collecting points where available. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

Operating Instructions

◆ Preparation before use

A. When opening the folded Home Gym, please make sure to empty the items in the Home Gym placement area and place the Home Gym slowly on the ground. Do not let go directly in the middle of unfolding to avoid pressing your feet.

B. The Home Gym 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 Home Gym and turn it on. The rope will automatically retract.

C. When using the Home Gym, please do not leave the training area, so as to avoid the equipment being pulled off the ground, causing safety risks.

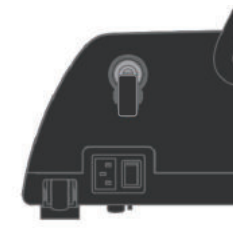
◆ Folding and unfolding methods

1. With the Home Gym unfolded, stand on one side of the Home Gym, hold the handle and pull up, and pull it up to the folded form (please note: unfolding does not require pulling the folding switch).

2. In the folded form of the Home Gym, we need to move the Home Gym to a suitable training area, hold the handle, and use two fingers to pull the folding switch outwards and upwards. Be careful to pull it all the way until the sides of the Home Gym pop open. Stand down slowly. When putting down, please pay attention to clean up items below, and be careful not to press your feet.

◆ Power- on and off

1. Plug the power cord into the power socket on the side of the Home Gym. After plugging it in, press down the power switch to turn on the Home Gym, 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

A. In the Home Gym control panel, you can perform resistance adjustment, mode switching, and start/stop operations.



B. If the number in the display is flashing, it means the Home Gym is in an adjustable status.

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

D. After adjusting to the weight you need, press the middle start and stop button, the Home Gym will start.

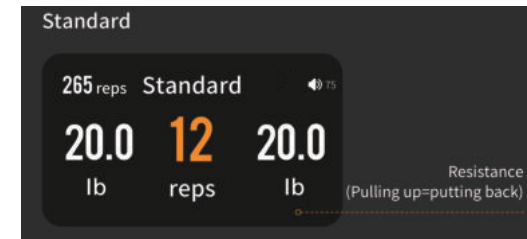
E. To ensure your safety, you will not be able to switch between modes or weights directly after starting the Home Gym. At this time, the number on the screen is always on and will not flash; you need to press the start and stop button to release the resistance to continue the weight adjustment.

◆ Mode Switching

We provide three resistance modes for the Home Gym, which are standard mode, eccentric mode, and isokinetic Mode. When the Home Gym is in an adjustable status, press the M button to adjust the mode.

★ Standard Mode

The standard mode means that the resistance of pulling up and returning is the same. For example, if you choose 20 lb, the resistances of centripetal and eccentric movement are both 20 lb.

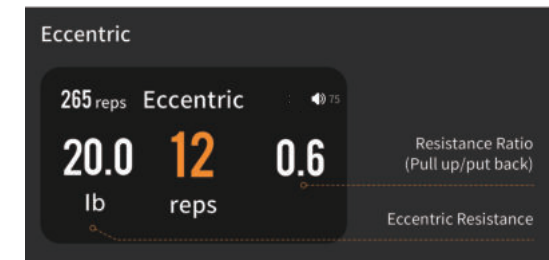


★ Eccentric Mode

· Eccentric mode means more resistance when putting back and less resistance when pulling up. This mode allows you to hit higher training weights, giving your muscles more stimulation.

· The set resistance is shown on the left, for the eccentric phase of putting back. The right side shows the eccentric ratio, which is the pull-up/put-back resistance ratio.

· For example, if the resistance is set to 20 lb and the ratio is set to 0.6, the centripetal stage of pulling up is 12 lb, and the eccentric stage of putting it back is 20 lb.

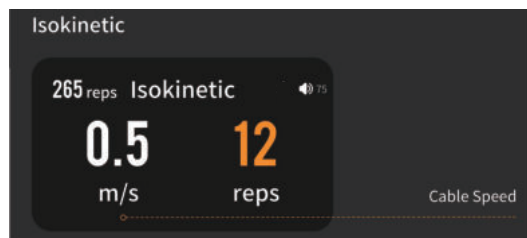


★ Isokinetic Mode

· 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.

· We provide different speed levels of 0.1-1.0m/s to meet your different resistance and speed requirements.

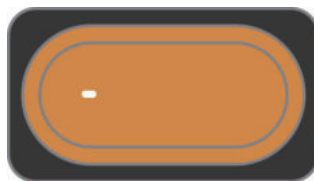
· When your pulling speed is lower than or equal to the set speed, the resistance is relatively constant; when you pull faster than the set speed, the resistance will increase and your movement speed will decrease.



Control Instructions

◆ Wireless Switch

1. The wireless switch has the function of controlling resistance start/ stop. After pairing with the device, click to control resistance start/ stop.



CR2032 battery is required

2. Long press the wireless switch to pair. If the blue light flashes 5 times, it means pairing is successful. After pairing is successful, you can use it. In the pairing state, long press to cancel the pairing. If the red light flashes 5 times, it means pairing is canceled.

3. Please prepare a button battery (CR2032) for the wireless switch's power supply. If the battery is low, please change in time.

◆ APP Connection

1. The Home Gym can be connected with the "QiSense" APP, which can wirelessly control the Home Gym, 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 Home Gym, 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 Home Gym needs to be adjusted in the "QiSense" app.

2. After connecting to the Home Gym, enter the device management page and click "Device Volume" to adjust.

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 22lb.
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.

Product Specification

Product Size(L× W× H)	120.5×58.5×19.4cm
Folding Size(L× W× H)	58.5×38.8×62.6cm
Packaging Size(L× W× H)	134.5×68.5×22cm
Maximum Load	330 lb

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.

[Motion Space Home Gym](#)

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.