



SPlan Model Y

# User Manual

Please read this Manual carefully and keep it  
properly before using the product.

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## ■ Safety Precautions

Please read the manual before use.

• Warning: In order to avoid any injury or unnecessary property damage to you and others, please read and observe the following "Safety Precautions" carefully before use. "Safety Precautions" consists of "Warning", "Attention" and "Medical Warning", all of which should be strictly followed for safe use. Please use the SPlan properly and carefully. Otherwise, the property loss or injury caused by failing to comply with the above precautions shall be borne by the user.

• It is important to understand that during use, you may encounter various foreseeable or unforeseeable dangers and risks, including risks arising from any space or environment in which the hardware is located, weather and climate changes, physical training, excessive exercise or the use of service equipment, whether they are known or gradually emerging.

It is also important to understand that injury or damage may be caused by third parties such as natural causes or others' activities, including but not limited to lax and non-standard guidance from third parties (fitness instructors and other sports participants, and maintainers). You should understand that in the course of use, whether due to negligence or other reasons, to the fullest extent permitted by applicable law, you are voluntarily liable for any personal or property loss, damage, or injury caused by fault or negligence.

### Warning!

- A three-wire receptacle must be used and firmly grounded. Under no circumstances shall the third grounding prong be cut off or removed.
  - The plug should be firmly in contact with the socket. Otherwise, it may cause a fire.
  - Do not use the left and right sockets at the bottom to power the machine at the same time, and only use one of them at one time.
  - Do not wash the machine by showering and spraying, and do not install the machine in a wet or splashy position.
  - Do not disassemble or transform the machine without permission, and the maintenance must be performed by professional maintenance personnel.
  - Do not cover the machine with blankets or other articles, so as to avoid fire.
  - Do not insert anything into the air vent.
  - Children under the age of 15 should not use this machine for exercise without the presence and supervision of a parent/guardian at all times.
- If a person with limited capacity is involved, a guardian must be present all the way.

### Attention!

- Please install and use the machine in an indoor environment. No outdoor installation or use is allowed, because the outdoor environment will cause unknown damage or injury to the machine or users.
- 220V/50Hz AC power source is applicable, and any excessive voltage ripple will cause failure or damage to the machine.
- When the power cord or plug is worn, please stop using it immediately, power off, and go to the designated maintenance site for replacement.
- Do not roll the power cord to avoid damage.
- To disconnect the power cord, be sure to grasp the power supply plug, and never pull on the cord itself.
- When cleaning and repairing the machine, the power cord must be unplugged to prevent electric shock.
- During use, the user should and must keep a safe distance from any other person. Children should not play around the machine, so as not to affect the normal use of the machine by others or cause injuries to other people or children.
- Do not place any objects on the machine.
- Do not place gasoline or other flammable materials near the machine to avoid fire.
- This product is only applicable to the functions described in the Manual, and should not be used for other purposes.
- When using, please pay attention to the condition of the rope. If you find any obvious crack, broken strand and wear, please stop using it immediately and contact customer service.
- Please use special accessories for the machine, and do not use third-party accessories to avoid damage caused by them during exercise, including but not limited to accessory quality or assembly or falling accessories.
- Do not quickly rebound the handle (accessories) during use, as the quick rebound will break the mirror.
- Before use, please check the safety condition of the machine carefully and use it after confirming that there is no potential safety hazard.
- Do not adjust height and angle of swing arm when the machine is not turned on.
- Do not stand under the swing arm when using the machine.
- Do not stand outside the floor-standing bracket to pull the machine, if you use such bracket for installation.

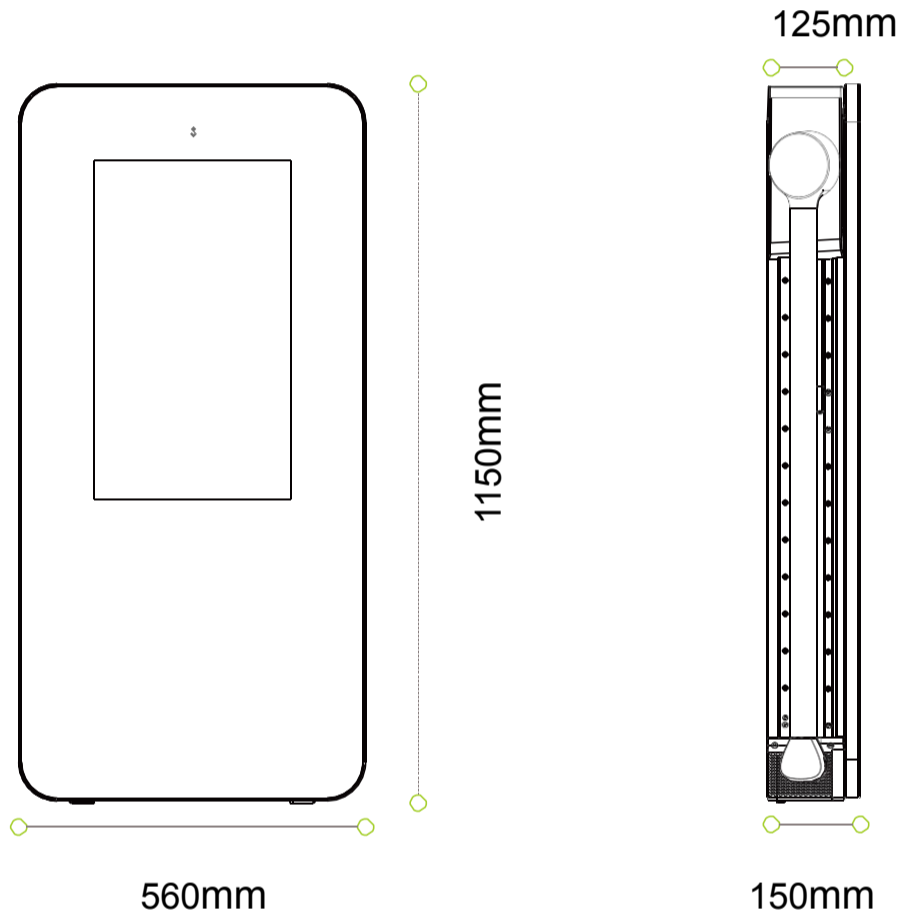
### Medical warning!

- Before using the machine or starting a fitness regime, please consult your doctor and confirm that you are healthy and fit for exercise.
  - Please choose a course that suits you based on your current physical condition and endurance.
- Do not overtrain or use the machine improperly, which will cause damage to your body. If you feel unwell during use, please stop using it immediately and continue to exercise after recovery.
- Patients with hypertension, osteoporosis, heart diseases, coronary heart disease and other diseases and disabilities should use the machine under the medical advice and guidance. If you feel unwell during the process, please stop exercise immediately until you restore to health.

■ Product instruction

Specification

Name	SPlan	Model	Y
Size	560mm*1150mm*150mm	Net weight	78kg
Range of operating temperature	0°C~40°C	Range of operating humidity	30%~80%
Rated power	1200W	Standby power	15W
Rated voltage	220V	Rated current	5.5A

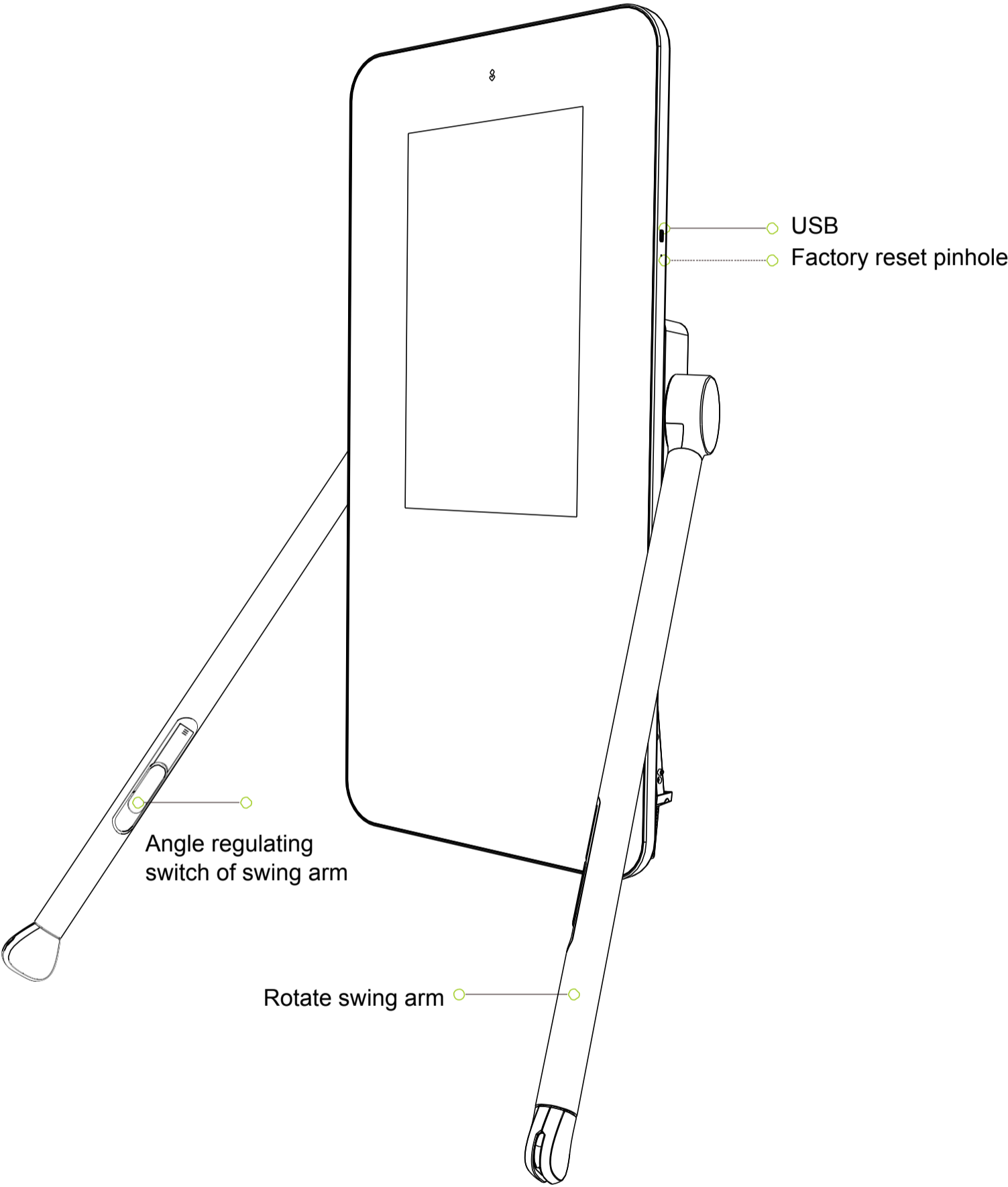


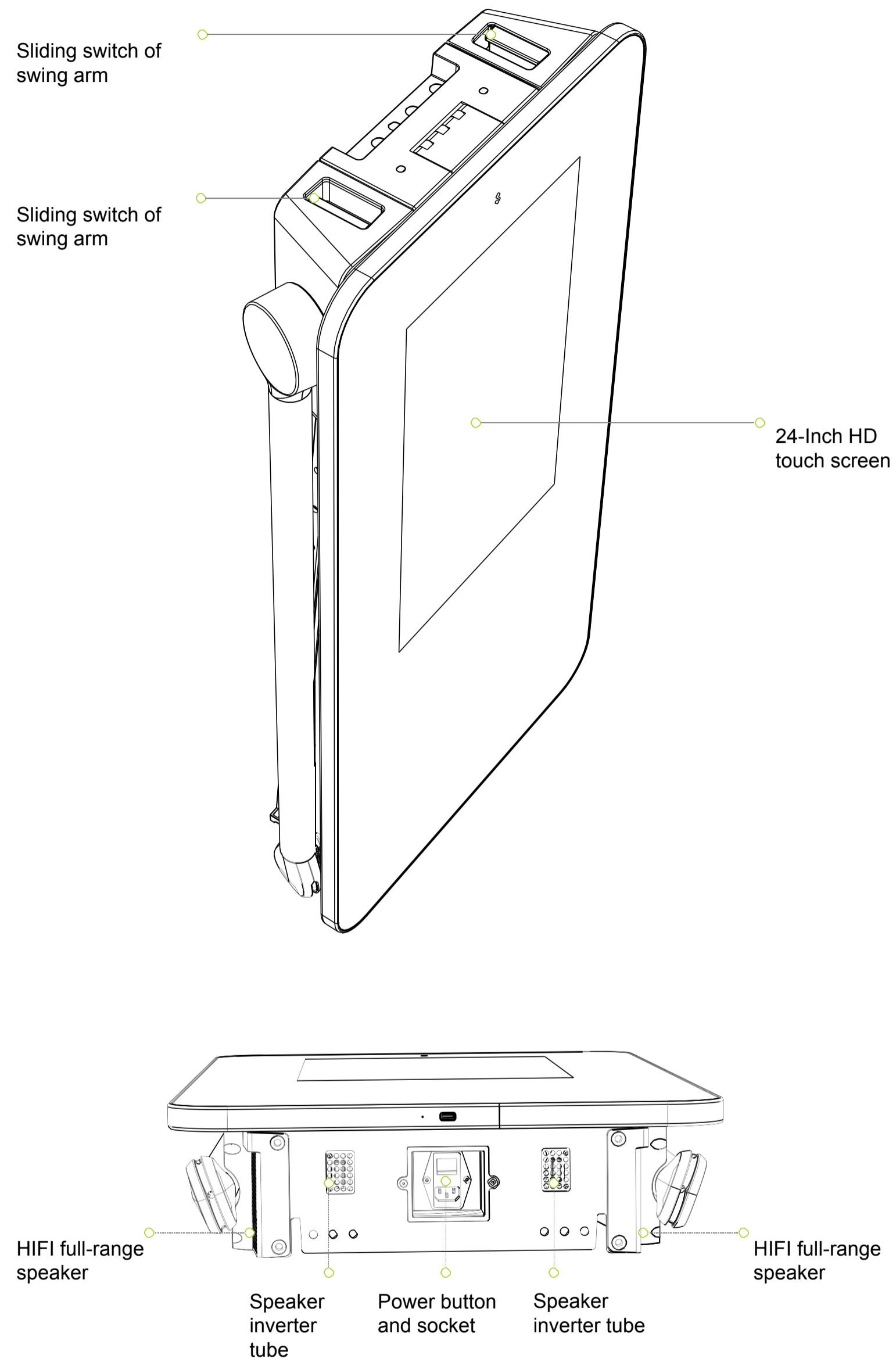
Packaging

Name	Quantity	Name	Quantity
SPlan	1	Dust-proof bag	12
User Manual (including warranty card)	1	Handle	2
Power line	1	Bluetooth button	1
Wall bracket	1 (set)		
Cleaning kit for screen	1		
M8 screw	10		
Expansion bolt	12		
Certificate of Quality	1		

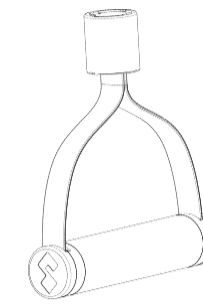
\*Note: Accessories are subject to the actual orders

Host components





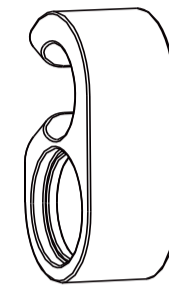
### Other accessories



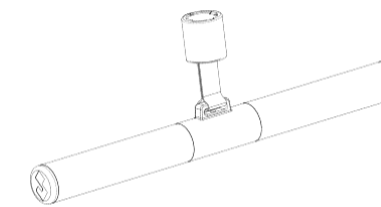
Handle



Bluetooth button



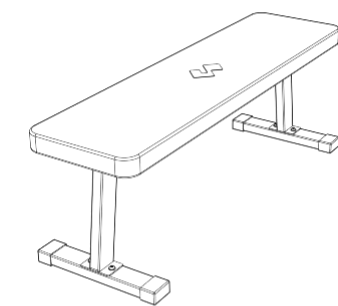
Base of bluetooth button (optional)



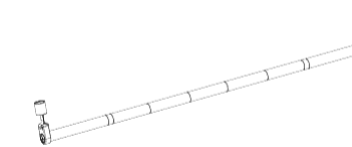
High lower bar (optional)



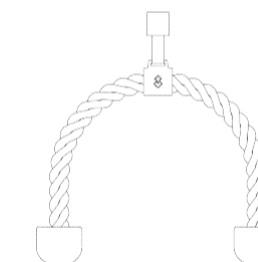
Strap (optional)



Bench (optional)



Long straight bar (optional)



Pull string (optional)

\* Note: Accessories are subject to the actual orders

Power mode

The power stages of the machine includes L1 (very light) and L2 (target weight). All target actions are initially in the L1 stage in the auxiliary state, and gradually enter the L2 stage at the target weight as "it grows with the pull-out length". Do not use excessive force at the initial stage to avoid unnecessary damage!

■ Installation

Installation reservation

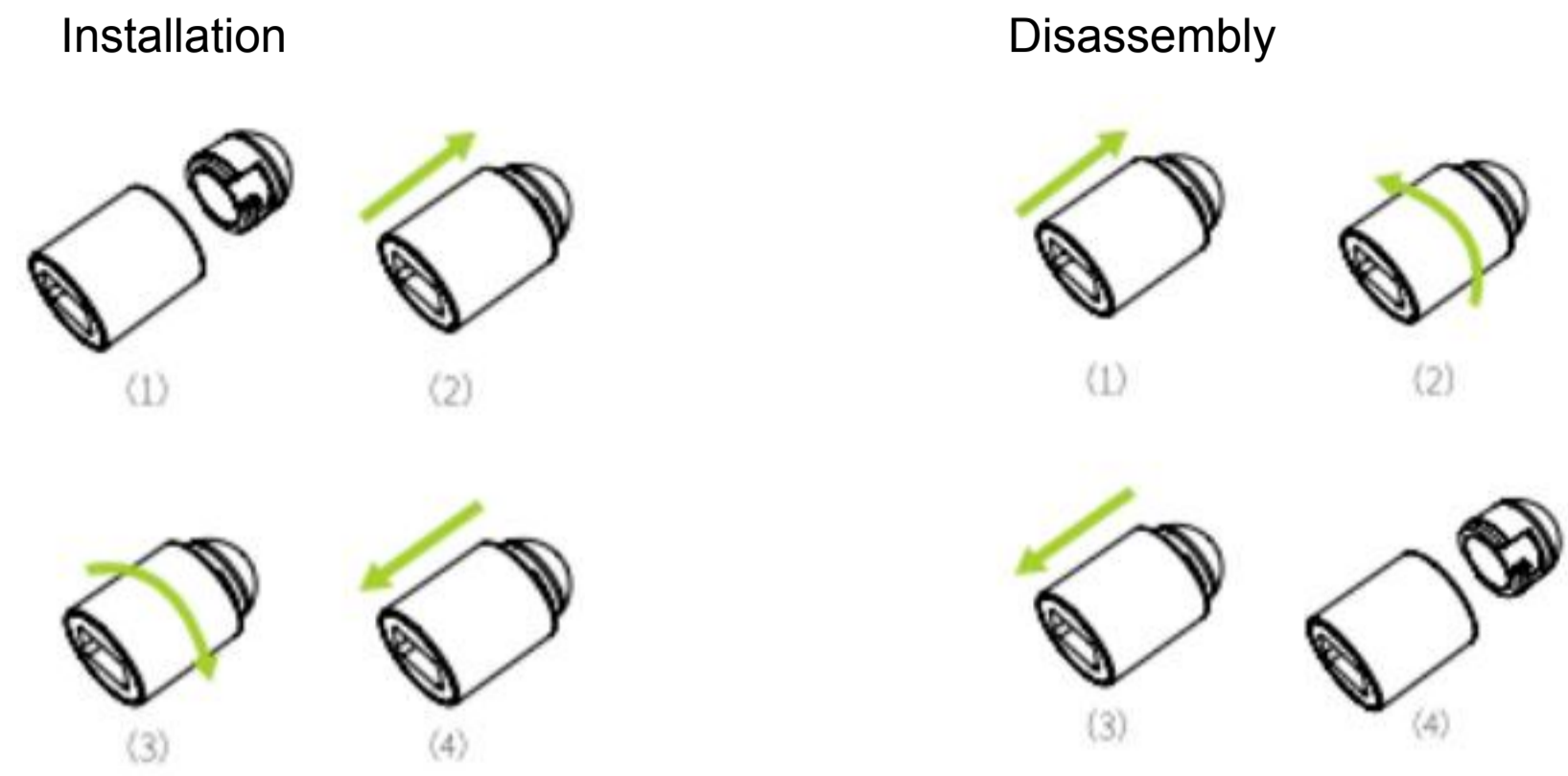
The machine needs to be installed by professional installation personnel. Do not install, disassemble or move the machine without the presence of professional installation personnel. When it is necessary to install, disassemble or move machine, please contact our after-sales service team. Professional installation personnel will install and debug the machine at the designated location. Before it is installed by the professional installation team specified in the Manual, please do not power on the machine to avoid danger.

Installation requirements

The machine includes wall-mounted version and floor-standing version. Walls where the machine can be installed: shear walls, load-bearing walls, pillars, solid brick walls, and the wall thickness should be > 18cm. Walls where the machine cannot be installed: aerated bricks, hollow bricks, light steel keel gypsum boards, wooden keel gypsum walls. For the wall-mounted version, it must be ensured that there is no built-in power line, no network line, or any other line that can conduct current in the wall where the machine is installed. The floor-standing version covers a larger area. It is flexible in installation, and does not depend on any wall. (The bracket for the floor-standing version needs to be purchased separately.)

Accessories installation and disassembly

The machine uses special O-type quick-release accessories, which are not universal with other accessories in the market. Please follow the guide below to install and disassemble accessories.



**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.

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

**NOTE:** 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 interferenceto 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.

**Radiation Exposure Statement**  
This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

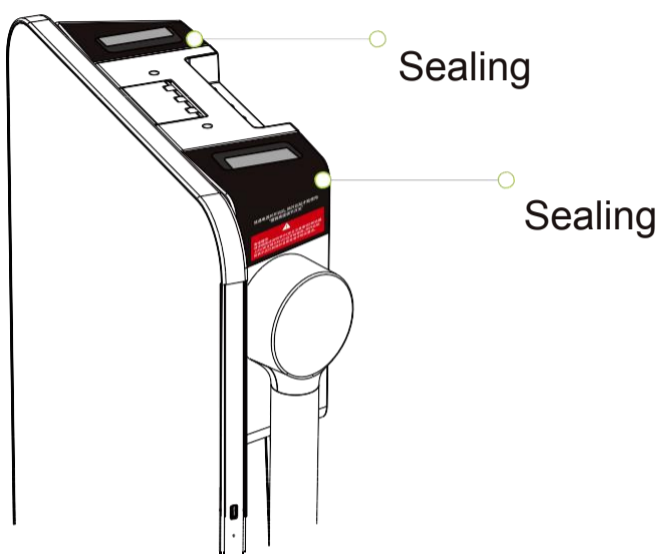
## ■ Preparation Before Use

### Confirm safety precautions

Before operation, please confirm that the machine is powered on and started up normally.

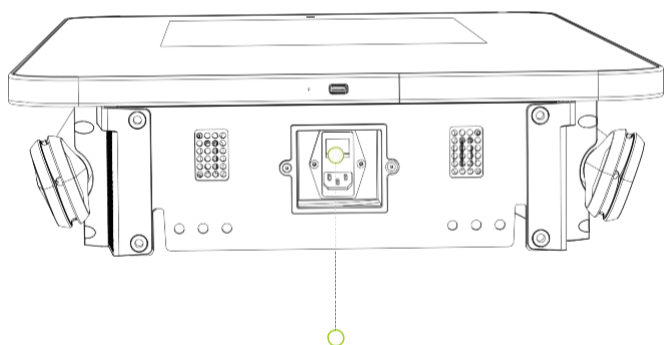
There are certain risks during strength training. For your safety, please carefully read the “Safety Precautions” of the Manual and the safety tips sticker on the machine before use.

Where you tear off the sealing as shown in the figure, it indicates that you have carefully read and are willing to follow the above-mentioned safety precautions.



### Power on

Please power on as shown.



After plugging in, power on to turn on the machine.

### Boot the system

Once the power is turned on, the machine screen will light up and the software system will start automatically. If you are using the device for the first time, you will be guided to connect to the Internet. After setting, the system will wait to connect with the mobile phone.

### Create an account

Search "SPlan" in the app store or scan the QR code on the right to download the official app. After registration, scan the QR code on the screen in the app to add machines.



APP download QR code

### Stay connected

Make sure that the machine is connected to the Internet so that you can record the exercise data, get the latest course content and latest software services.

### Account Management

The machine supports multi-account login, and the exercise data, records, target tracking and other information of different accounts are independent of each other, ensuring that you and your family members can use the same machine without interfering with each other. Click "Add Account", and log in by scanning the QR code on the bullet layer with your phone.



Now, you've finished the preparation of using SPlan. Put on a suit of sportswear and start working out.

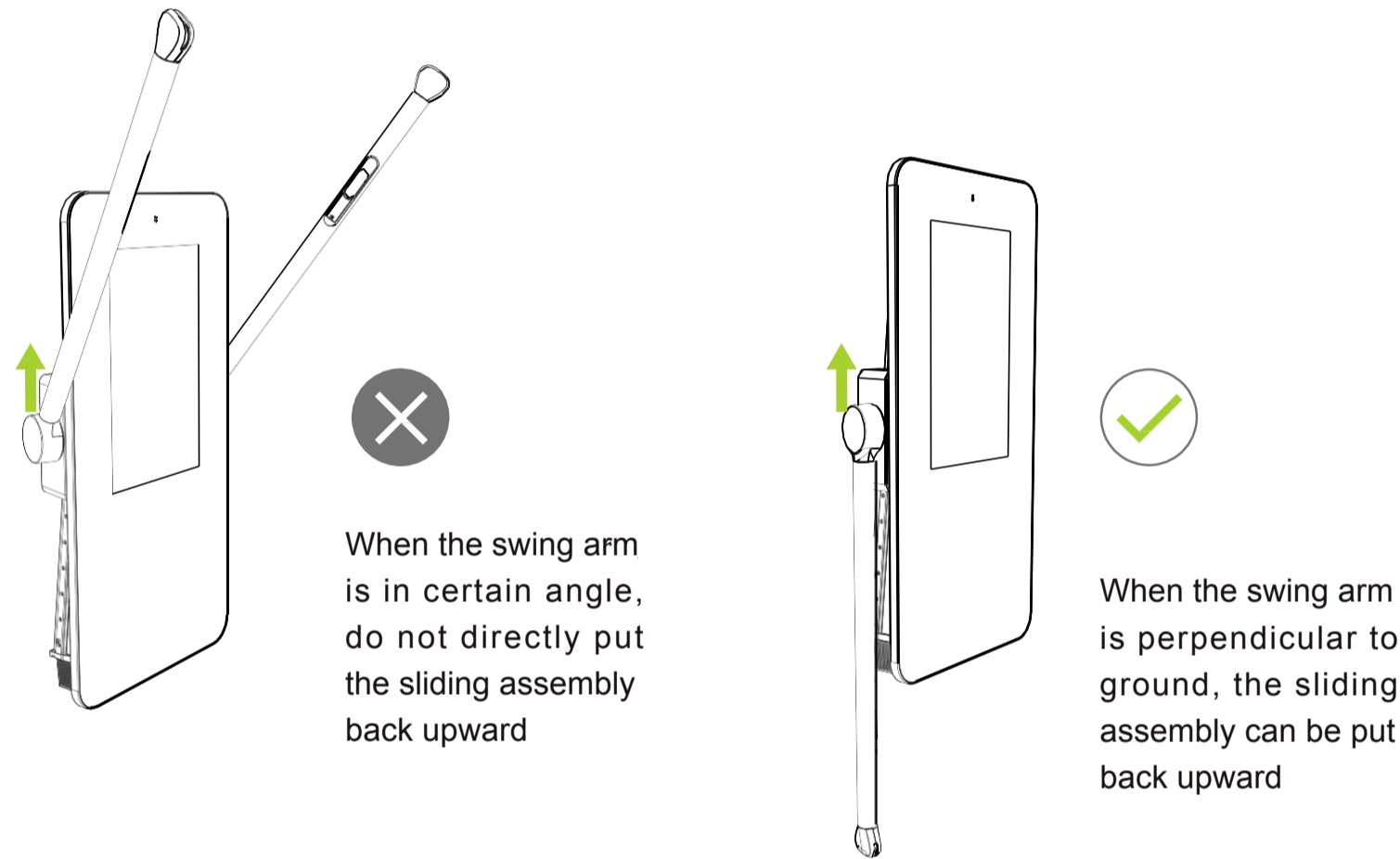
■ Product Use

Instruction on product use

When it is properly installed according to the Manual, each outlet can provide a maximum resistance of 50kg. The machine uses a specially designed quick-release lock, and please install it correctly based on the instructions to ensure a stable connection. Do not use third-party accessories to connect the machine.

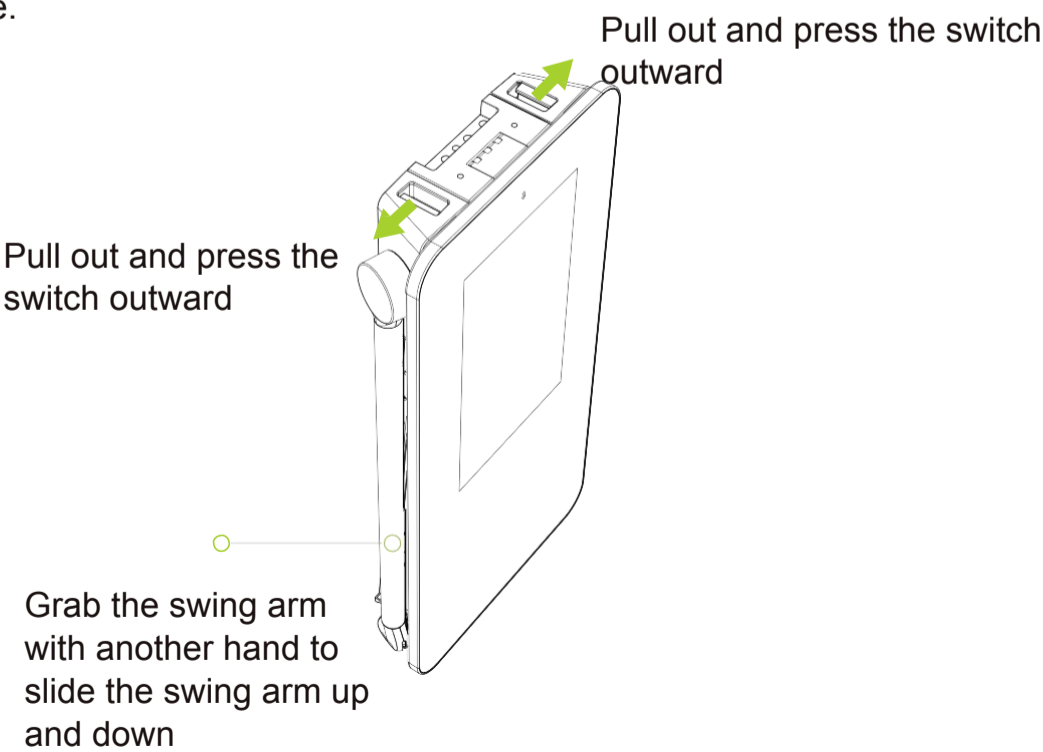
Do not stand under the swing arm when using the machine.

Swing arms back in situ



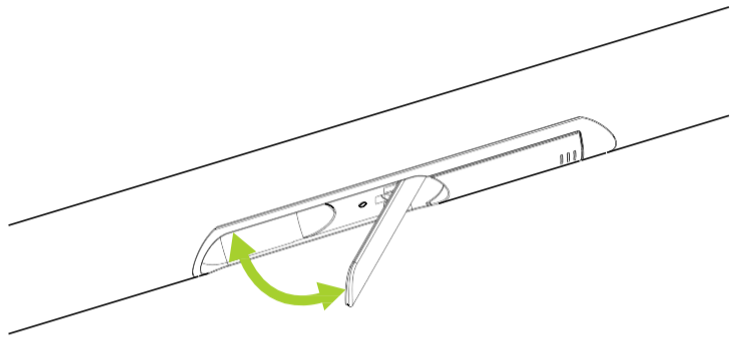
Sliding swing arm up and down

Before using, please slide the swing arm up and down as shown in the figure.

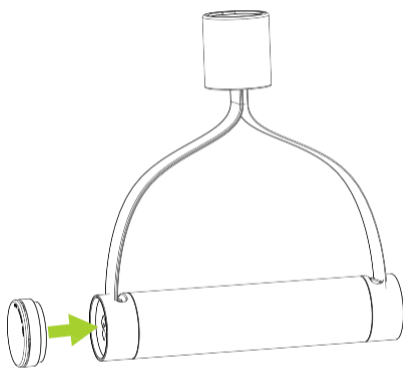


Adjust angle of swing arm

Turn on the angle regulating switch of swing arm to move the swing arm to proper position.

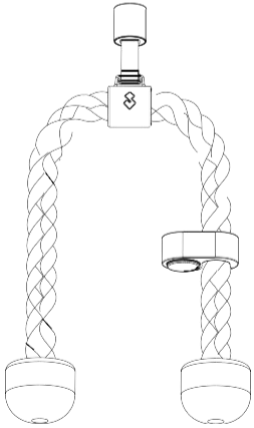


Bluetooth button use

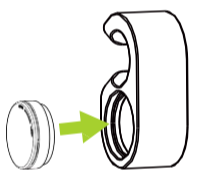


Place the bottom of the bluetooth button near both ends of the handle to adsorb the bluetooth button on the handle by magnetic force

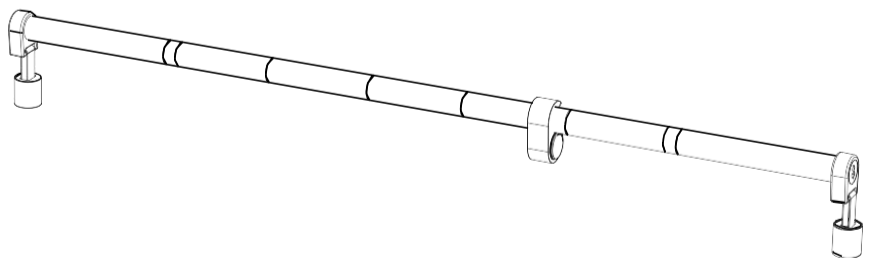
Example of scenarios for bluetooth button with its base:



The bluetooth button is fastened on the pulling string by its base



Place the base of the bluetooth button near the depressions of both ends of its base to adsorb the bluetooth button on the base by magnetic force



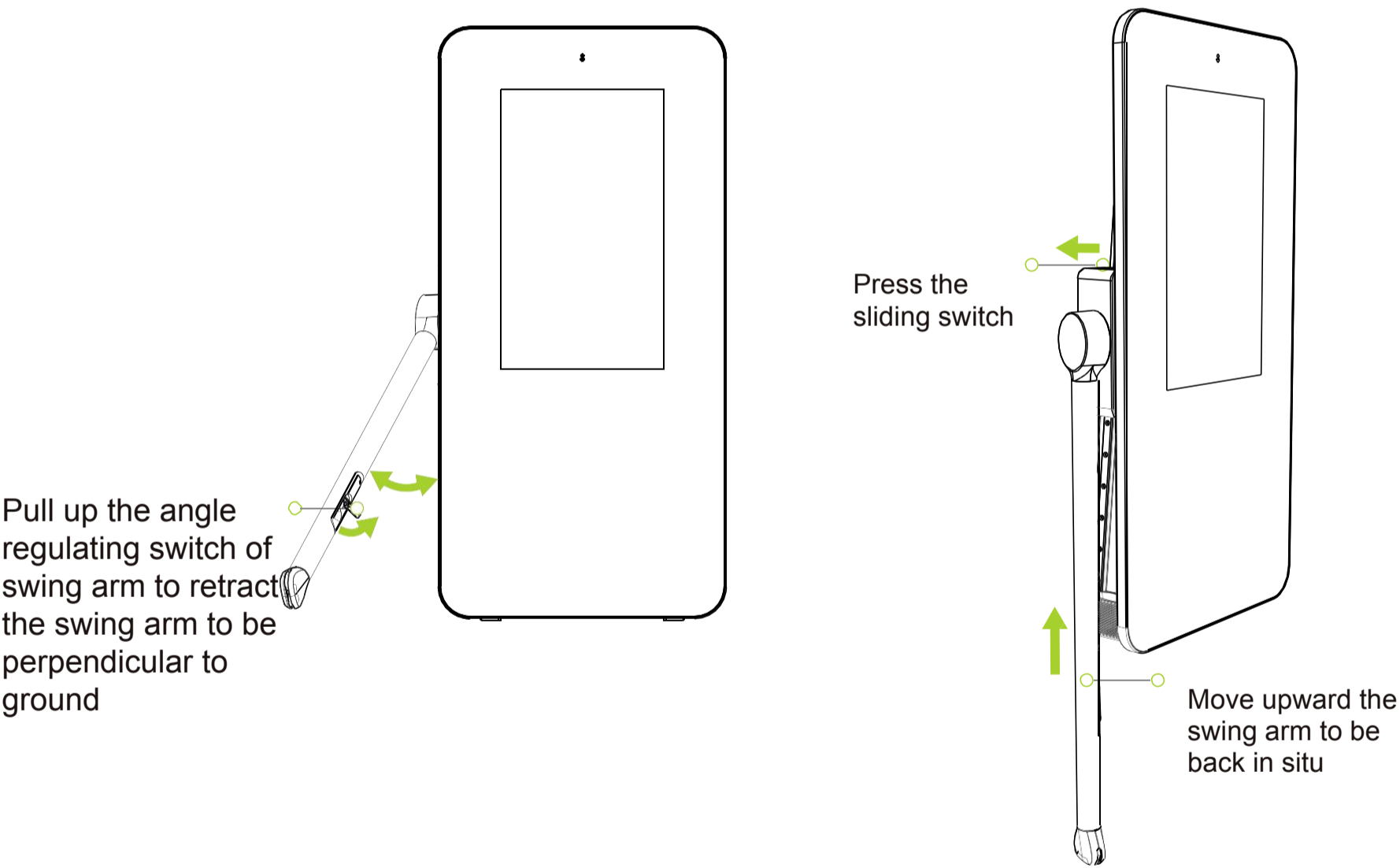
The bluetooth button is fastened on the long bar by its base

■ Maintenance

The maintenance of the machine is easy, so we suggest that you do a quick cleaning after each use.

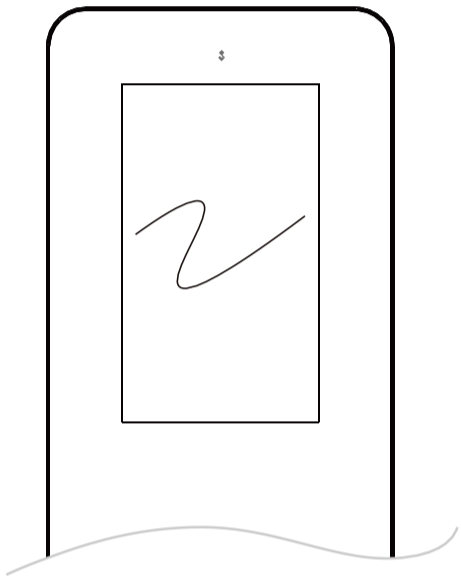
Storage

- ① Remove the accessories and put them in the storage box.
- ② Retract the left and right swing arms to be perpendicular to ground
- ③ Move upward the swing arms to be back in situ and lock them



Screen cleaning

The machine accessories come with a mirror cleaning kit, which can easily and quickly clean up the stains left during use.



## ■ Warranty Description

### Warranty description

The after-sales services of indoor training equipment are strictly in accordance with the "Law of the People's Republic of China on Protection of Consumer Rights and Interests" and "Product Quality Law of the People's Republic of China" in terms of the "Three Guarantees" services, which include the following services:

1. Within 7 days from the next day after you sign for the product, it can be returned without reason, and you can initiate a 7-day unconditional return application, but ensure that the returned product is in good condition within 7 days from the date of receipt (from the date of receipt of the product, the 7-day period is 168 hours from 0:00 of the next day after the logistics system displays that it is received); Instructions for 7-day unconditional return and replacement: on the premise that it will not affect reselling of the product, the protective films of the mirror and the machine are not torn, the outer package is intact, the accessories are complete, and the product is not installed, the products can be returned and replaced for 7 days without reason (installation refers to the drilling of the wall bracket, the installation on the wall, the fixation of the machine to the wall frame, and other installation operations that will affect the normal sales and use).

2. Within 15 days from the day after you sign for receipt, if the product has a performance failure listed in the "List of Product Performance Failures", it can be replaced after being tested and confirmed by the after-sales service center.

3. Within 12 months from the day after you sign for receipt, if the product has a performance failure listed in the "List of Product Performance Failures", free maintenance service can be provided after being tested and confirmed by the after-sales service center.

4. The manufacturer shall replace the glass for free within 5 years if the glass is damaged (self explosion) not caused by the user. In case of glass damage (self explosion) not caused by the user for more than 5 years from [the date of the user's signing or the date of ordering], the buyer shall bear the corresponding maintenance and replacement costs (for accessories and door-to-door services), and the cost shall be based on the after-sales real-time quotation of [the seller].

Tips: Since packaging boxes are needed during transportation to ensure the safety of product, it is recommended that you keep the packaging boxes for at least 30 days from the date of receipt.

### Warranty coverage

Type	Warranty coverage	Warranty period
SPlan	Host	1 year
	Accessories	1 year

### Non-warranty regulations

1. Unauthorized maintenance, misuse, collision, neglect, abuse, liquid ingress, accident, alteration, improper use of non-product accessories, and tearing or altering of labels and anti-counterfeiting marks.
2. Beyond the valid period for "Three Guarantees" services (warranty services of repair, replacement and refund).
3. Damage caused by force majeure.

### List of Product Performance Failures

Product name	Performance failure
SPlan	Failed to turn on the machine under normal use
	Motor failed to respond under normal use
	Rope cannot be pull out under normal use
	Functions listed in the Manual failed under normal use

### Warranty card

User name	Product name and model
Address	Contact information
Purchase date	

Host No. \_\_\_\_\_

This warranty card contains consumer personal information, so please keep it properly.

### Maintenance record

Maintenance center	Failure description	Accessories replacement	Maintenance engineer	Maintenance date



“SPlan” official app



“SPlan” official website



“SPlan” WeChat  
Official Account