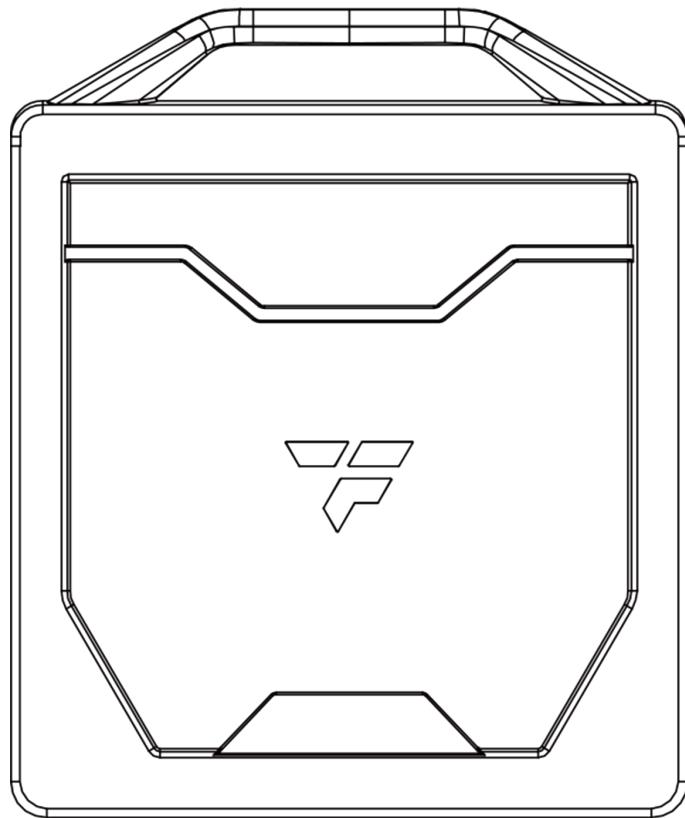


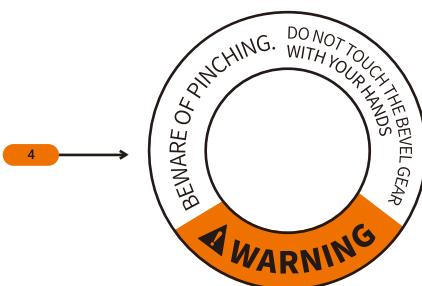
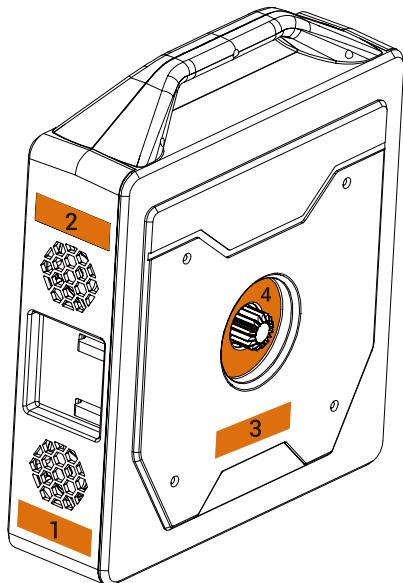
# Core Module-C User Manual

One Core, Infinite Fitness



## Preface

Dear user, thank you for using FitTransformer's products. In order to have a better understanding of the product, please read this manual carefully before use. We wish you a pleasant using experience!



**Read all warnings posted on the machine.**

**Safety Warning**

When using the product, basic precautions should always be followed, including the following: Read the following statements carefully before using the product.

**🚫 Prohibited**

NO FLAMMABLES



NO DAMP



NO FIRE SOURCE



NO CHILDREN OPERATING



NO INFERIOR SOCKET

**⚠️ Warning**

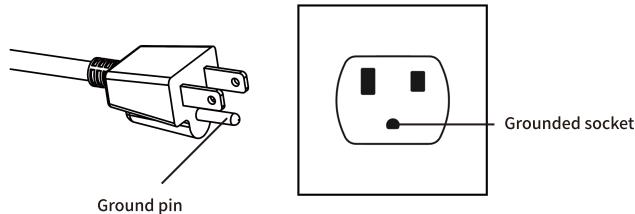
- Please note that when using this product for strength training, set the gear to at least 180lb (90kg). The recommended usage time is a maximum of 30 minutes.
- When unplugging the power cord, do not pull on the cord itself. Instead, firmly grasp the plug and pull it directly from the socket.
- For your safety, prevent damage to the power cord. If the power cord is damaged or the plug is worn, please stop using this product.
- Do not dismantle or modify electronic components such as circuit boards, as this may pose a danger.
- Only connect this device to properly grounded outlets.
- Keep children under 14 years old away from the machine.
- When not in use, unplug the power cord from the socket. Do not cover the Core Module-C with blankets or any other covering material. Excessive heating may cause fire, electric shock, or personal injury.
- This device is not suitable for individuals with physical, sensory, or intellectual impairments or lack of fitness experience and knowledge unless supervised or guided by someone responsible for their safety.
- Do not operate this product when the Core Module-C intake/exhaust ports are blocked. Ensure that the vents are free from lint, hair, etc.
- Do not drop or insert any objects into any openings.
- Do not use the product outdoors.
- Do not use the Type-C output port of the Core Module-C to charge electronic devices other than the Control Display.
- When the strength ski machine/rowing machine is not installed, do not turn on the power separately to avoid entangling hair or other line items with the drive shaft.
- Do not touch the drive shaft of the Core Module-C with your hands or any other objects when the power is on.
- Do not step on the product's packaging box.
- During training, be careful not to kick or collide with the Core Module-C.
- When using this product, it must be used in accordance with the form of the equipment (e.g., when the rowing machine, be sure to select the rowing mode), otherwise it may cause personal injury and machine damage.
- This equipment should not be operated in a commercial environment.
- To safely increase weight resistance, use only the incremental resistance methods provided by the manufacturer.

**Grounding Instructions:**

This product must be grounded. If a malfunction or damage occurs, grounding can provide the path of least resistance for the current, thereby reducing the risk of electric shock. The power cord of this product is equipped with a device grounding conductor and a grounding plug. The plug must be inserted into the appropriate socket, and the socket must be installed and grounded correctly according to all local regulations and ordinances.

 **Danger**

- Improper grounding connection of the device may result in electric shock hazards. If you are unsure whether the product is correctly grounded, consult a qualified electrician. Do not modify the plugs provided with the product. If the plug does not match the socket, have a qualified electrician install an appropriate socket.
- This product is designed for a nominal voltage of 110-240V, and its grounding plug is similar to the one shown in this manual. Make sure to connect this product to a socket with the same plug configuration. Do not use an adapter for this product.

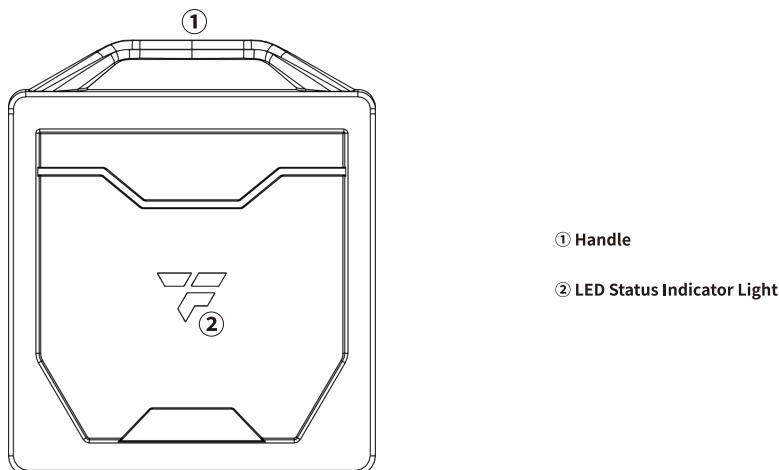


(Image for reference)

- In the event of a gas leak (such as gas), close the leak valve, open doors and windows, and do not unplug the product or other electrical appliances, as this may cause electric sparks and lead to fire.
- Do not use flammable, explosive, liquid, or corrosive materials near the product to avoid damage or fire accidents. Do not place or use flammable materials near the product to prevent fire.
- Place the product in an open area without any obstacles around it.
- Do not clean the product with water spray or rinse it. Do not place the product where it may come into contact with water to ensure the electrical insulation function of the product.
- For safety reasons, it is recommended not to place any other objects on the product.
- After use, make sure the product is turned off and do not insert your hand into the gaps to avoid finger injuries.
- To prevent accidents, keep children from touching the product, pulling wires, handles, or other mechanical structures, or operating power buttons without adult supervision.

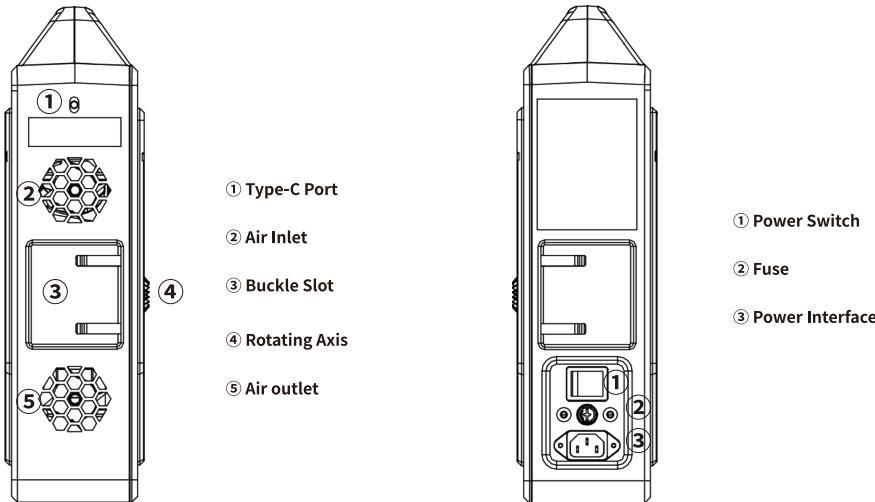
**Product Diagram**

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① Handle

② LED Status Indicator Light



#### Indicator Light Status

Light	Color	Status
Solid	White	Running, Strength training
Breathing	White	Ski training, Rowing training
Flashing	Red	Motor abnormality
Flashing	Blue	OTA upgrade in progress

#### Product Specifications

Model: Core Module-C	Input: AC 110-240V (50-60Hz)
Dimensions: 380*318*107mm	Wireless: 2.4G
Maximum Resistance: 264lbs/120kg	Operating Temperature range: 10-40°C
Weight: 15KG	Air Humidity: 20-80%

#### FAQ & Troubleshooting

Problems	Reasons	Solutions
The Core Module-C does not turn on.	1 The power cord is not plugged in properly. 2 The fuse is burned out.	1 Check if the plug and socket are connected properly. 2 Replace the fuse.
The Core Module-C produces loud noise.	1 The rotating axis is not aligned with the frame interface. 2 There are foreign objects on the bottom of the power ski machine.	1 Remove the Core Module-C from the frame, realign the rotating axis, and reinstall it securely. 2 Remove any foreign objects from the bottom of the power ski machine.

The Fan keeps working after turning off the machine.	The control system inside the Core Module-C can retain power.	This is normal. The fan will stop once the control system discharges the power completely.
The fan starts to run on and off, even the machine is still off.	When not connected to power, pull the Core Module-C to generate electricity.	This is normal. Pulling it when it's not turned on will cause the motor to reverse and generate electricity.
The Core Module-C shakes during use.	The clamp or baffle is not properly placed.	Place the clamp/baffle in the innermost position.
Core Module-C temperature is too high.	The motor heats up during use.	This is normal. Let it cool down in a well-ventilated area before using it again.
Unable to adjust the strength arm during use.	The Core Module-C is still operating.	Pause the training and then adjust the strength arm.

If your **Core Module-C** has nothing to do with the problems above, please visit <https://www.fittransformer.com/help> for more help, or you can contact our customer service: [feedback@fittransformer.com](mailto:feedback@fittransformer.com). We will definitely provide you with satisfactory service. If any parts are damaged, please stop using the product immediately.

## Maintenance and Repair

### Exterior Cleaning

- ⚠ Warning: Please unplug the power plug before cleaning the product.
- Clean the dust from the product's ventilation holes on time to improve heat dissipation and save energy.
- When cleaning the product, use a dry soft cloth for gentle wiping. Do not use a wet cloth, and do not turn on the power during the cleaning process.
- During cleaning, prevent water droplets from entering the gaps of the product, as it may cause short circuits or damage to electrical components.
- Do not use hard brushes, steel wool, steel brushes, abrasives (such as toothpaste), organic solvents (such as alcohol, acetone, banana oil), hot water, or acidic or alkaline substances to clean the product. Otherwise, it may damage the product surface.
- When the product is not in use, unplug the power cord to prevent electrical shock or fire caused by aging of the power line.

### Software Maintenance

Core Module-C will undergo firmware updates from time to time. To ensure that you can use the latest version of the Core Module-C firmware, please regularly check for updates using the Control Display.

## Package Contents

- Core Module-C x1
- User Manual x1
- Power cord x 1
- Type-C Cable x1

## Getting Support

Our customer service team can help you solve any problems and warranty applications. You can visit <https://www.fittransformer.com/help> or contact us via email: [feedback@fittransformer.com](mailto:feedback@fittransformer.com).

### Declaration

**FCC Statement** This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator & your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

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

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.

#### IC Caution

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions:

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

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence.

L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

#### Declaration of Conformity

Hereby, Thousandshores Deutschland GmbH declares that the radio equipment type Strength/Skiing Set-S1 is in compliance with Directive 2014/53/EU.

The full text of the EU declaration conformity is available at the following internet address:<http://files.sportneer.com/s1-eu-doc.pdf>

Hiermit erklärt Thousandshores Deutschland GmbH, dass der Funkanlagentyp Strength/Skiing Set-S1 der Richtlinie 2014/53/EU entspricht.

Der vollständige Text der EU-Konformitätserklärung ist unter der folgenden Internetadresse verfügbar:<http://files.sportneer.com/s1-de-doc.pdf>

Learn more about the UK Declaration of Conformity, Please click below link to download.<http://files.sportneer.com/s1-uk-doc.pdf>

#### PSTI Statements of Compliance

Product Model: Control Display-ACS1、Core Module-C、Rowing Module-R1、Strength/Skiing Module-S1

Date Code: 20240614

Name and Address of manufacture: Thousandshores Deutschland GmbH, Bredowstraße 17, Hamburg 22113, DE

Name and Address of Authorised Representative: APEX CE SPECIALISTS LIMITED, 89 Princess Street, Manchester, M14HT, UK

The statement of compliance is prepared by or on behalf of the manufacturer of the product.

In the opinion of the manufacturer, they have complied with either—(i) the applicable security requirements in Schedule 1 of SI 2023 No. 1007

Provision 5.1-1 of ETSI EN 303 645 & provision 5.1-2 of ETSI EN 303 645;

Provision 5.2-1 of ETSI EN 303 645;

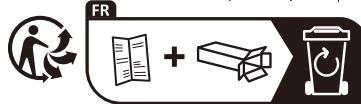
Provision 5.3-13 of ETSI EN 303 645.

The defined support period for the product: 20250101

signature, name and function of the signatory:

The place and date of issue:

Dag ter. CEO  
Shanen, 6/14/2024



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