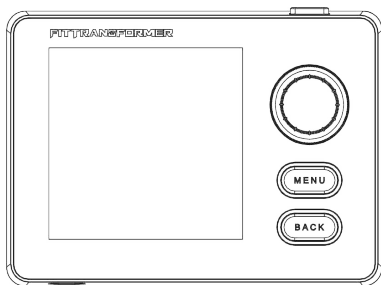


Control Display-ACS1 User Manual

One Core, Infinite Fitness



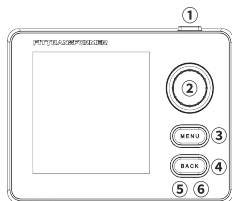
Preface

Dear user, thank you for choosing FitTransformer products. To better understand the product, please read this manual carefully before use. We wish you a pleasant experience!

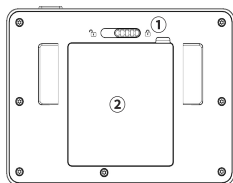
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Product Diagram



- ① Power Switch
- ② Knob: Rotate to select/press to confirm
- ③ Menu
- ④ Back
- ⑤ Status Indicator Light
- ⑥ Charging Indicator Light



- ① Battery Compartment Switch
- ② Battery Compartment Cover



- ① Type-C Charging Port

Indicator Light Status

Light	Color	Status
Solid Charging Light	Red	Charging
Solid Charging Light	Green	Fully Charged
Flashing Status Light	Red	Motor Failure
Solid Status Light	Red	Control Display Failure
Flashing Status Light	Blue	OTA Upgrade in Progress

Product Specifications

Model : ACS1

Screen Size : 4 inches (480 x 480)

Usage Time : 15-20h

Charging Input : 5V2A

Battery Capacity : 5700mAh (Polymer lithium-ion battery)

Local record storage time: 1 year

Weight : 0.35KG

Dimensions : 139*101*46mm

Compatibility : Supports FTMS Bluetooth communication protocol

How to Use

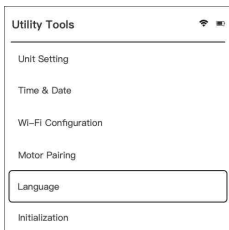
Visit <https://www.fittransformer.com/help> for more usage instructions.

Pairing CoreModule-C

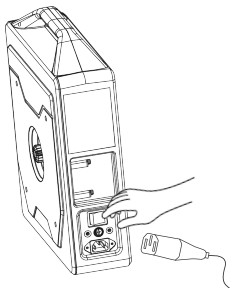
1. Press and hold the power button on Control Display-ACS1 to power on.



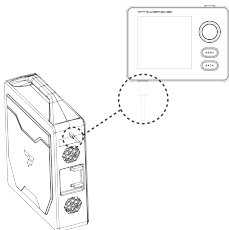
2. You can enter [Utility Tools-Language] to switch languages.



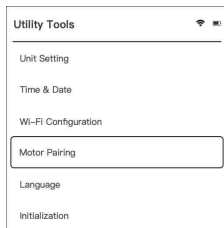
3. Plug in the Core Module-C and turn it on.



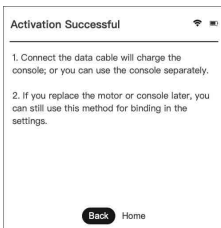
4. Connect the Control Display-ACS1 and Core Module-C together with the Type-C cable included in the Control Display-ACS1 package.



5. Operate on the Control Display-ACS1 and enter [Utility Tools-Motor Pairing].

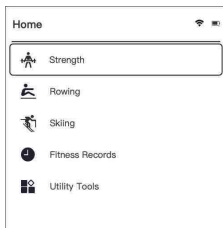


6. Wait for the Control Display-ACS1 and Core Module-C to automatically complete the Activate.

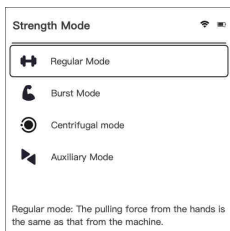
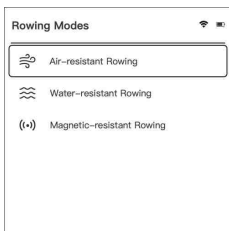


Enter the Training Mode

1. From the homepage, you can choose from Rowing Machine, Ski Machine, or Strength Training. Note: Please select the mode corresponding to your current equipment setup.

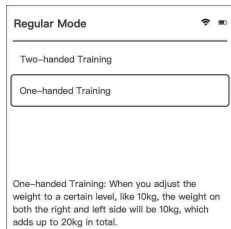


2. The Rowing Machine supports three modes: Air Resistance, Water Resistance, and Magnetic Resistance. Strength Training supports four modes: Standard, Burst, Centrifugal, and Auxiliary.

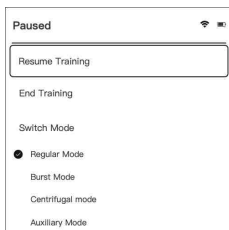
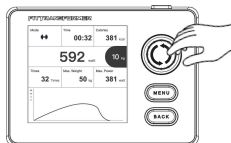


- **Air-resistant Rowing:**
Simulates wind resistance, the faster the speed, the greater the resistance.
- **Water-resistant Rowing:**
Simulates water resistance, creates flowing water waves while paddling, and offers greater resistance at higher speeds.
- **Magnetic-resistant Rowing:**
Simulated magnetic resistance, unaffected by speed, with stable resistance output.
- **Regular mode:** The pulling force from the hands is the same as that from the machine.
- **Burst mode:** The pulling force will be greater than that from the machine.
- **Centrifugal mode:** The pulling force will be weaker than that from the machine.
- **Assist mode:** When the set intensity cannot be reached, it will automatically be lowered.

3. Taking Strength mode as an example, after selecting the Strength mode, choose between single and dual-sided options (not applicable for Rowing Machine or Ski Machine).
4. Once in training mode, you can view the corresponding data.

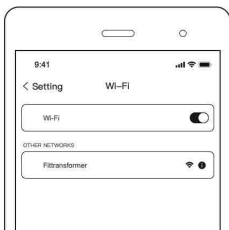
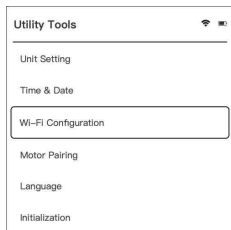


5. Adjust the intensity by rotating the knob left or right (the intensity value starts flashing). After adjusting to the appropriate intensity, press the knob to confirm the adjustment (the intensity value stops flashing).
6. Press the Menu or Return key to switch modes or end training from the menu page.

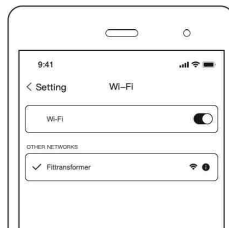
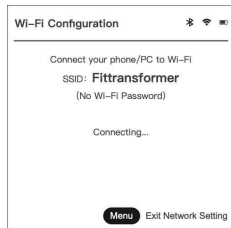


Wi-Fi Configuration

1. On the home page of Control Display-ACS1, select Utility Tools to enter Wi-Fi configuration.
2. Use your phone/PC to enter the Wi-Fi connection page.



3. Wait for Control Display-ACS1 to enable the AP hotspot: FitTransformer.
4. Connect to the FitTransformer AP hotspot.



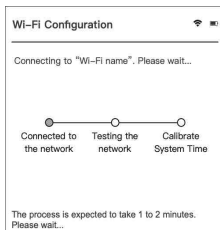
5. To follow the instructions on the Control Display-ACS1 interface, scan the QR code or visit: <http://10.10.100.254/>



6. After the page is successfully loaded, enter the name and password of the router.



7. Wait for the Control Display-ACS1 to automatically connect to the router.



Important Notes

- Use only with <PL126054> battery.
- 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.

- This device does not support charging with third-party chargers. Please use the original charging cable to charge the Core Module-C, and unplug the cable promptly after charging is complete.
- When not in use for a long time, please power on regularly and remove the battery to avoid safety hazards caused by electric leakage.
- If water or liquid enters the product, please disconnect the power, remove the battery promptly, and stop using this product. Water ingress may cause a short circuit and lead to a fire.
- Do not drop, crush, impact, or throw this product to avoid damage.
- Do not disassemble or modify this product personally, as warranty service will not be provided after disassembly.
- Do not charge this product on flammable materials such as blankets or quilts during charging.
- Do not throw this product into a fire source.
- Never allow children on selectorized strength equipment and to supervise the use of selectorized strength equipment by individuals age 13 to 17.
- If severe heating occurs during use or charging, or if the product deforms, please disconnect the power promptly and contact customer service.
- Do not use other charging products to charge this product, as it may cause damage to this product and the charging product itself.
- Do not use the battery of this product for other devices. The battery of this device is only compatible with the Control Display-ACS1 product.
- When using this product, please make sure to use it according to the form of the equipment (e.g., when the rowing machine, be sure to select the rowing mode), otherwise it will cause personal safety hazards 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.

- 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.
- Keep out of reach of children. Swallowing can lead to chemical burns, perforation of soft tissue, and death. Severe burns can occur within 2 h of ingestion. Seek medical attention immediately.
- Do not expose the appliance or battery to excessive temperatures;
- Be aware of the risk of terminals of the battery-operated appliance or battery being short-circuited by metal objects.
- Do not use modified or damaged batteries.

FAQ & Troubleshooting

Problems	Reasons	Solution
Control Display-ACS1 doesn't work	● Insufficient holding after pressing the power button ● Run out of battery	● Please make sure to press and hold the power button for 3 seconds when turning on Control Display-ACS1. ● Charge the Control Display-ACS1 and then try again.

Unable to pair with Core Module-C	● Core Module-C is not turned on. ● The data cable cannot transmit data. ● Core Module-C is blocked by foreign objects when connecting with Control Display-ACS1.	● Please power on the Core Module-C and try again. ● Use the original data cable for pairing. ● Avoid interference from metal or other objects between Core Module-C and Control Display-ACS1.
Weak Bluetooth signal	● The usage distance is too far.	● As Bluetooth communication is limited by distance, it is recommended to connect the APP within 3 meters.
Cannot charge	● Unsupported charge plug ● The data cable is not connected properly.	● Please make sure the charging plug is a 5V1A or 5V2A charging plug. ● Check if the input and output ends are firmly connected.
Data refresh during exercise is not smooth	● Insufficient power for Control Display-ACS1. ● Signal interference.	● Connect Control Display-ACS1 to Core Module-C to charge and use. ● Avoid interference from metal or other objects between Core Module-C and Control Display-ACS1.

Exercise data is not synchronized to the cloud.	● Control Display-ACS1 is out of Wi-Fi connection range/weak signal. ● The password of the router has been changed.	● Please keep the Control Display-ACS1 and router within the usable range. ● Reconfigure the Control Display-ACS1 network settings within the app.
Unable to enter the Wi-Fi information editing page during network configuration	● Mobile/PC network is disconnected	● Please check if WiFi is connected to FitTransformer.

Fault codes

Code	Reasons	Solutions
0000-0080 Motor not calibrated	● Calibration command is lost ● Control Display-ACS1 and Core Module-C are not paired	● Restart Core Module-C ● Re-pair Core Module-C
0000-0040 Motor temperature exceeds standard	● Running time is too long ● Abnormal temperature rise caused by blocked vents	● Please turn off the device and wait for 30 minutes before using it. ● Please check the air inlet and outlet of the Core Module-C

0000-0020 Motor calibration failed	● Motor parameters are abnormally disordered	● Try again after restarting Core Module-C
0000-0010 Motor magnetic encoder abnormality	● There is a large magnetic field in the environment ● Motor magnetic field offset initial test position	● Do not place speakers or objects with magnets near Core Module-C ● Please contact customer service to analyze the fault.
0000-0008 Abnormal voltage	● Abnormal power supply	● Please ensure that the input voltage of the device is within the range of 110-240V
0000-0004 PCBA temperature exceeds standard	● Running time is too long ● Abnormal temperature rise caused by blocked vents	● Please turn off the device and wait for 30 minutes before using it. ● Please check the air inlet and outlet of the Core Module-C
0000-0002 Abnormal discharge function	● The socket used is not grounded	● Please use a compliant grounded socket

If your Control Display-ACS1 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. We will definitely provide you with satisfactory service. If any parts are damaged, please stop using the product immediately.

Maintenance and Repair

The **Control Display-ACS1** only needs daily cleaning and maintenance. We recommend cleaning it slightly after each exercise. Please use a common cleaning cloth at home to wipe it. Do not use a rough cloth to clean it to avoid scratching the screen.

Warning

Children shall not play with the equipment. Cleaning and user maintenance shall not be performed by children.

Software Maintenance

The Control Display-ACS1 will update its firmware from time to time. To ensure that you can use the latest version of Control Display-ACS1 firmware, please maintain a stable WiFi connection and regularly check for updates.

Screen Maintenance

Use a dry cleaning cloth or display cleaner to wipe fingerprints off the screen. You can use electronic cleaners (such as mobile phone or laptop cleaners) to clean the screen.

Package Contents

- Control Display-ACS1 x1
- Battery x1
- User Manual x1
- 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.

Correct Disposal of this product



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

Declaration

FCC Statement

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 contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development

Canada's licence-exempt RSS(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.

Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux normes CNR exemptes de licence d'Innovation, Sciences et Développement économique Canada. Son fonctionnement est assujéti 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 Module-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.sport-neer.com/s1-eu-doc.pdf>

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

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

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

PSTI Statements of Compliance

Product Name: Control Display-ACS1, Core Module-C, Rowing Module-R1, Strength/Skiing Module-S1

Date Code: 20240614

Name and Address of manufacture: Thousandshores Deutschland GmbH, Sorbenstraße 22, 20537 Hamburg, 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: 20251231 signature, name and function of the signatory:

The place and date of issue:

Ding He, SE
Shenzhen, 6/10/24



Points de collecte sur www.quefairede mesdechets.fr
Privilégiez la réparation ou le don de votre appareil !

Manufacturer : Shenzhen Thousandshores Technology Co., Ltd, Room 1101, Building B, Lotus Plaza, No. 3186 Nanshan Avenue, Majialong Community, Nantou Street, Nanshan District, Shenzhen, China.