

Asita H

User's Guide



Asita Hunter

www.asita.net



ASITA APP

Brand/Manufacturer:

Changsha Asita Technology Co., Ltd.

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Official website: www.asita.net

For technical support and troubleshooting information and to download the latest
Asita App, please visit the Asita official website

01 Safety Instructions

Thank you for purchasing our products. Correct use of training equipment is the guarantee of your safety and convenience. Please read the following carefully before using the training equipment:

- This product is not waterproof and should be installed in a dry and ventilated environment by professionals.
- This product is only suitable for general household indoor use. Do not use this product outdoors or in harsh environments such as rain, lightning, dust, ice and snow, hail, strong wind, high temperature, etc.
- This product is prohibited from being used in environments where corrosive gases or flammable and explosive gases (such as large amounts of dust, oil fume particles or methane, etc.) may be generated.
- Before use, please ensure that there are no debris, heavy objects, objects that may collapse, or other objects that may affect the stable installation of the product or damage the screen around the product.
- Avoid using any object or any external force to impact, hit, press or scratch the screen of this product to avoid screen damage.
- Please ensure that minors do not play, fight, chase, run or jump around this product, use scissors or other sharp objects to cut the drawstring, or push, pull or hit this product to avoid injuries to minors and damage to this product.
- Please ensure that pets at home cannot come into contact with this product to avoid damage to it.
- Please ensure that the socket you use is a product that has passed national safety certification, and do not overload the power socket.
- Please make sure to use the original power cord of this product and do not use power supply equipment of other brands to power this product.
- Please check whether the power cord and plug are damaged before use. Do not bend or pull the power cord to avoid breaking or damaging the power cord.
- In case of thunderstorms, power outages, or when the device is unattended or not used for a long period of time, please turn off the power switch and unplug the power plug.
- When using this product, please stay away from high electromagnetic interference environments.
- Before using this product, please adjust the arm of the product to a suitable position, check whether the arm is firm and whether there are any bends or cracks. Do not lean on or hang heavy objects on the arm; when exercising, please keep no people or objects under the arm.
- Before using this product, please check whether the drawstring is damaged to avoid slipping and causing accidental injury. When the drawstring is completely pulled out, do not continue to pull it.

- After use, please fold the arms and place them on both sides of the machine before shutting down to prevent the arms from standing up and the ropes from being pulled out.
- Please wear the anti-pinch arm protective cover correctly. During the arm adjustment process, when adjusting the pitch angle with both hands, do not put your fingers or other people (be careful of the elderly and children) to the inside of the arm adjustment gear to avoid pinching your hands during the adjustment process and causing personal injury.
- Since this product is not a fully enclosed product, there are heat exhaust holes on both sides of the machine body. It is strictly forbidden to insert any foreign objects into the machine through the holes on the machine body, and it is also forbidden to place clothing, wool yarn and other items that may be sucked into the machine around the machine to avoid damage to the machine, electric shock or fire.
- When using this product, if there is any odor or smoke, or if you can clearly feel that the rope is not pulled smoothly during resistance training, please stop using it immediately, turn off the power switch and unplug the power plug in time, and contact Asita customer service, or call the customer service number 400-611-2811.

Not suitable for the following people

If you have any of the following conditions, please consult your doctor first to see if you are suitable for using this product for related training courses:

- Pregnant women;
- Minors under the age of 18;
- Elderly persons aged 65 and above;
- People who are taking medication;
- Suffering from any chronic illness or injury, including but not limited to:
Hypertension, heart disease, cerebral infarction, cerebral ischemia and other cardiovascular and cerebrovascular diseases;
Users who have a pacemaker, defibrillator or other medical device installed in their body, if they suspect that this product is interfering with your pacemaker, defibrillator or any other medical device, please stop using it immediately;
- Diabetes, hypoglycemia, gout and other metabolic diseases;
- Asthma and other respiratory diseases or any other chronic disease;
- Muscle, ligament injuries, myofascial injuries, joint inflammation and injuries, connective tissue diseases;
- Soft tissue injuries and other orthopedic injuries or any acute or chronic physical injury (including during the recovery period);

Limb coordination dysfunction, central nervous system or peripheral vascular and neurological diseases.

- Other diseases and conditions that are not suitable for exercise;
- Other persons who do not have full capacity for civil conduct are not suitable to use this product;
- This product is not suitable for women in the perinatal period (from 28 weeks of pregnancy to one week after delivery);
- Do not use this product when you are tired, drinking, working hard, have irregular work and rest, or feel unwell.
- Do not use this product in a hot or muggy environment to avoid heat stroke or other physical injuries;
- When using this product, it is recommended that you wear an effective heart rate monitoring device to monitor heart rate changes in real time and ensure that the exercise intensity is within your tolerance range;
- Please pay attention to controlling the duration, intensity, number and frequency of exercise, and avoid long-term, high-intensity, and high-frequency exercise that exceeds your load capacity to avoid sports injuries;
- During exercise, if you experience chest tightness, dizziness, obvious pain in certain parts of the body, or any other discomfort, please stop exercising immediately and seek medical attention in time.

02 Product Installation

Asita H Lite requires professional Asita after-sales service personnel to install and disassemble. If you need to install, disassemble or relocate the product, please contact Asita after-sales service department. Installation or disassembly of this product by non-Asita after-sales service personnel may affect the normal use of this product, and may cause serious personal injury or death. Please do not attempt to install or disassemble Asita H Lite by yourself.

Asita H Lite needs to choose a suitable installation location . It is for indoor use only. Do not install Asita H Lite outdoors . Please ensure that the WIFI signal in the installation environment is good. Please choose a dry and well-ventilated location, away from direct sunlight and humid environments. Avoid installing the device in places with extreme temperature or humidity, which may cause damage to the device or corrosion of components.

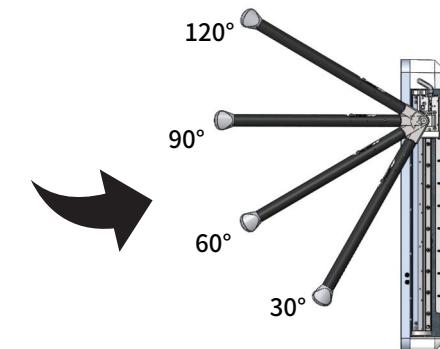
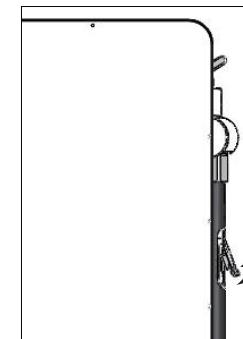
Asita H Lite is wall-mounted. To ensure the safety and stability of the equipment after installation, the wall must be a reinforced concrete wall (shear wall, load-bearing wall) or a solid red brick wall. The installation wall should be able to withstand forces of more than 300 kg in all directions .



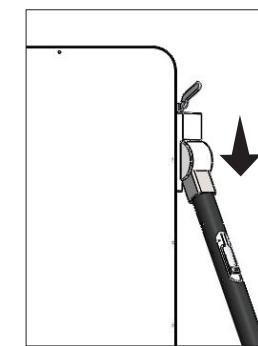
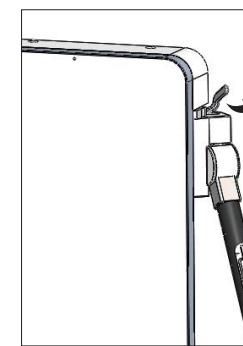
Note :

1. Do not turn on the Asita H Lite before the installation is complete !
Do not pull the cord during the startup process!
2. When the input voltage is 110V, the equipment power supply needs to be routed separately from the main distribution box !

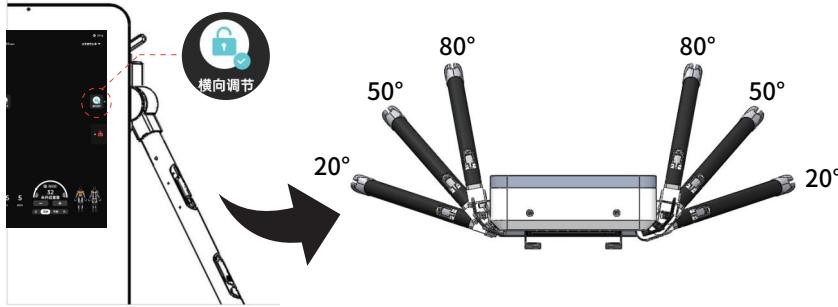
03 Operation Guide



1. Pitch adjustment:: After pulling up the pitch angle adjustment handle , the arm can adjust the pitch angle . After selecting the appropriate gear, put down the handle to complete the arm pitch angle adjustment.



2. Up and down adjustment: Move the height adjustment wrench at the top of the arm slider outward. At this time, the arm can slide up and down. Select the appropriate gear and release it to complete the up and down gear adjustment of the arm.



3. Horizontal adjustment: Press the Bluetooth button on the arm, and the arm can rotate horizontally. After selecting the appropriate gear, release the button to complete the horizontal gear adjustment of the arm.

Note : For the above three adjustment methods, when the adjustment is completed , please gently turn your arm up and down or left and right to ensure that the gear is locked. If it is not locked, please repeat the above steps once . After confirming that it is locked , you can start training. It is forbidden to adjust the arm during the power on and off of the equipment (three-way adjustment)!

04 Product Description

Asita is committed to building a world-class smart fitness ecosystem to protect your health and stimulate the user's physical potential! It pays more attention to the professionalism and richness of fitness content , the scientific intelligence and socialization of fitness methods , the customization of fitness plans , and the accurate tracking and multi-level presentation of fitness data . In Asita, the fitness services and fitness results you want can be easily satisfied.

Product body : The entire body and back frame are treated with electrostatic spraying to ensure the safety, reliability and durability of the machine.

Three-way adjustment : The clever mechanical structure and electrical control enable the arms to be adjusted at multiple angles to ensure the comprehensiveness of the fitness movements.

Installation method : wall-mounted installation, floor-standing installation , horizontal installation for you to choose---a variety of installation methods can easily cope with different scenarios.

Courses: Professional private training in various fields such as aerobics, strength, yoga, dance, etc. , carefully crafted courses ---courses are available for you to choose .

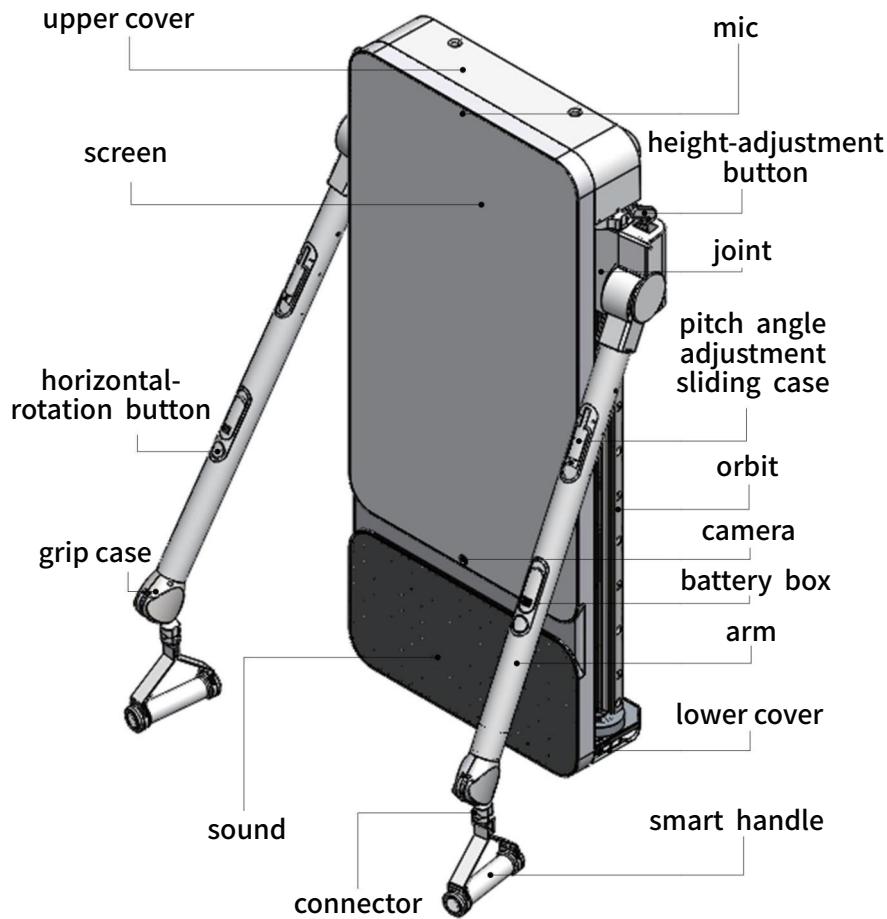
Games : Carry out targeted strength training and closely combine games with sports goals - immerse yourself in colorful virtual scenes and achieve high-energy fitness while having fun.

Specifications

Type Number	Asita H	Yan color	Midnight Black/Pearl White
Screen screen	32 inches 1080P	electricity machine	Dual 750W permanent magnet synchronous motor
Hand arm	Support three-way adjustment	Maximum load	Single arm 50 kg
WIFI	2.4G/5G dual -band dual- channel	blue tooth	BLE 5.0
Live Storage	64GB eMMC	net Heavy	78kg
Input Current	6.5A (220V), 12A (110V)	Input voltage	100V-240V
Input power	150W (25kg output or less)	Input frequency	50Hz
Dimensions	Height 1100mm Width 474mm Thickness 192mm	Main accessories	Smart handle, Rope, Ankle Straps, Bar, Bar controller, Bench , Accessory rack

Product implementation standards: GB17498.1-2008, GB17498.2-2008

Overall diagram of products and accessories



05 Maintenance and maintenance

Maintainance

- Do not wipe the product surface with solutions containing chemical substances at will to avoid causing permanent damage to the product appearance;
- If cleaning is required, you can use a clean, soft, dry cotton cloth to properly clean and maintain the product surface after turning off the power, but avoid wiping it repeatedly;
- Please do not disassemble this product by yourself to avoid product damage and personal injury, which will invalidate your product warranty service.
- The internal adjustment and inspection of the product should be carried out by professionals, and non-original parts should not be used for maintenance or replacement without authorization;
- Do not cover or block the heat dissipation holes on the product body to avoid hindering the heat dissipation of the body;
- Do not insert sharp objects or metal contact signal heads into the heat dissipation holes to avoid circuit short circuit, product damage or electric shock.
- After your workout, always remove the accessories and fully fold the arms down to your sides.

Maintain

Lite device regularly, such as parts replacement, lubrication or calibration, according to the instructions in the user manual . Please follow the instructions in the user manual or contact a professional technician for maintenance.

Software maintenance:

- Asita H Lite devices may periodically receive software updates to improve functionality and performance.
- When connected to the internet, ensure your Asita H Lite device is connected to the internet to get the latest software updates.

Follow the on-screen instructions on your device to update the software on schedule.

Screen maintenance:

- Lite screen with a soft, slightly damp cloth before and after use .
- Avoid using chemical solvents, abrasives, or corrosive cleaners as they may damage the screen.
- Wipe the touch screen or buttons regularly to ensure smooth operation.

Airframe maintenance:

- When using the Asita H Lite device, ensure that the surrounding area is clear and avoid collision or contact with other objects.
- Avoid spilling liquid or other substances on the device to prevent liquid or other substances from seeping into the device and causing electrical failure.
- Do not excessively squeeze or bend the Asita H Lite arm, slider, etc. to avoid damaging the mechanical structure or internal components.

Power maintenance:

- Use the included power cord to power the Asita H Lite device.
- Make sure the power cord and plug are intact.
- Avoid excessive bending or pulling on the power cord to prevent damage to the cord or plug.

When not in use for a long time

- **Cleaning the Equipment:** Before storing the equipment, thoroughly clean the exterior surfaces of the equipment. Remove any dust, dirt, or stains that could set in during storage and cause damage to the equipment.
- **Disconnect the power supply:** Please disconnect the power supply and unplug the power plug before long-term non-use. This can prevent the device from being in standby mode for a long time, consuming batteries or power, reducing unnecessary energy consumption and potential circuit problems.
- **Protective case:** Cover the device's case with an appropriate protective case or packaging material to prevent damage to the device from dust, scratches, or accidental impacts.

- **Regular inspection:** Even if the equipment is not in use, it is important to perform regular inspections. Check the equipment for loose load-bearing and fixing bolts, and for any abnormalities in appearance and interior, such as battery leakage, corrosion, or loose parts, at regular intervals. If any problems are found, please contact Asita after-sales service for further inspection and repair.

Regular inspection

- Check the drawstring regularly (at least once a month) to see if it has burrs, deformation, cracks, or breaks. If so, stop using it immediately and contact Asita customer service in a timely manner. Wait for the company to arrange for professionals to come and replace it before using it again.
- Check the power cord regularly (at least once a month) to see if there are any broken skin or exposed copper wires. If so, turn off the power immediately, unplug the power plug and contact Asita customer service in time. Wait for the company to mail a new power cord before using it again.
- Check regularly (at least once every three months) whether there is a gap between the equipment bracket and the wall. If there is a gap or the body of the device can shake, immediately turn off the power, unplug the power plug and contact Asita customer service in time. Wait for the company to arrange professionals to repair it before using it again.
- Check regularly (at least once every three months) whether the three-way adjustment function of the arm and slider is normal. If it cannot be adjusted, turn off the power

06 Troubleshooting

Fault phenomenon	Possible Causes	Solution
No display on the screen	1. The power is not connected or the machine is not turned on. 2. The machine enters sleep mode.	1. Plug in the power cord and turn on the computer. 2. Tap the screen to exit sleep mode.
Dark screen	Screen parameters need to be adjusted.	Adjust screen brightness or contrast.
No sound	The volume is adjusted to minimum.	Adjust the volume as needed
Course cannot be viewed	Poor network conditions	Please check the network settings and make sure the network signal is good at the location where the machine is installed.
The pull cord cannot be retracted	The rope was left stationary for too long after being pulled out, triggering the software protection.	Just pull the rope slightly to retract it or restart the machine.
The rope cannot be pulled on one side	Balance mode activated	Cancel Balance Mode on Screen
Training with a barbell, one side is high and the other side is low	Imbalance in left and right hand strength.	Activate Balance Mode on the screen
Bluetooth accessory button malfunctions	1. The battery is exhausted 2. Bluetooth is not connected	1. Replace the battery 2. Reconnect the accessory Bluetooth
After the fan stops working Still turning	The temperature inside the chassis is too high.	This is a normal phenomenon. The fan will stop automatically when the temperature inside the chassis returns to normal.
Accessories cannot be removed	Connector safety lock button not pressed.	The accessory connector. Press the button before installing or removing the accessory.

If you encounter any problems or device anomalies while using Asita H Lite , please refer to the troubleshooting in the user manual to solve the problem, or shut down and restart the device to solve it. If the problem persists, please stop using it and contact Asita customer service support team or call 400-611-2811.

07 Three Guarantees

- This card is only applicable to regular products purchased from Asita and its authorized agents and distributors within the territory of the People's Republic of China (excluding Hong Kong, Macao and Taiwan).
- Asita products implement after-sales service in strict accordance with the Consumer Protection Law of the People's Republic of China, the Product Quality Law of the People's Republic of China and industry regulations.
- If the user uses the product normally in full accordance with the instruction manual, we can provide him with free after-sales service in accordance with relevant national regulations.
- Asita products for home use have a one-year warranty for the entire unit.
- During the warranty period, users can enjoy free on-site repairs (except in special areas) and parts replacement services. Other matters shall be implemented in accordance with the national " New Three Guarantees " regulations.
- A valid purchase invoice and warranty card must be presented during repairs. The warranty period starts from the date of invoice issuance. If no invoice is issued, the product warranty period is calculated from the date of purchase.
- The parts repaired or replaced during the warranty period belong to our company, and the parts repaired or replaced outside the warranty period belong to the user.

Any of the following situations are not covered by the warranty:

- The product appearance, consumable parts, gifts and accessories are not covered by the warranty;
- This product is designed for household use in Class H, and non-household use is not covered by the warranty;
- caused by improper handling, use, maintenance or storage by the user ;
- Damaged due to voltage lower than 100V or higher than 240V;
- Damage caused by failure to use, maintain or service the product in accordance with the product manual;
- Without the permission of our company, you install, dismantle or repair the machine by yourself ;
- Damage caused by force majeure (such as lightning, flood, fire, earthquake, house collapse and other natural disasters);

- The product is out of warranty period;
- Destroy the anti-tamper label ;
- The model or number recorded on the invoice or warranty card does not match the actual product;
- No valid purchase invoice or warranty certificate (warranty card);
- Falsifying the three-guarantee certificate ;
- Altered invoice .

08 Disclaimer

- Unexpected circumstances caused by force majeure (including but not limited to fire, flood, earthquake, lightning strike, etc.);
- Deterioration of service conditions caused by social problems (including but not limited to unrest, war, strikes, government regulation, etc.);
- The service cannot be implemented due to the interruption of energy supply (including but not limited to electricity, water supply, oil, etc.);
- The operator's communication system is interrupted;
- Equipment damage due to natural loss or wear and tear;
- Direct damage caused by the on-site equipment operating environment (such as humidity) or external factors (such as external electromagnetic interference, failure of internal interconnected equipment, etc.) failing to meet the environmental requirements for normal operation of this product as indicated in writing;
- Large-scale hardware or data damage to this product caused by intentional or negligent use, improper use or deliberate sabotage by the user;
- Damage caused by the user not using the product in accordance with the instructions in the [Product Manual] and the Disclaimer;
- The product is damaged, slipped, overturned, broken or otherwise damaged by the user (including pets at home);
- System damage caused by users or third parties, including damage caused by unauthorized migration, reinstallation, or upgrade of the system without following Asita's requirements;
- by the installation of the wall not meeting Asita's requirements;

- System damage caused by user infrastructure;
- Equipment that has been modified, disassembled, repaired, or whose hardware or software has been modified without Asita's authorization;
- Purchased parts are not included in the scope of service included in this service manual;
- Losses caused by intentional acts;
- Appearance wear, scratches and other losses that do not affect normal use;
- Non-hardware losses such as data loss;
- The guaranteed service period has expired;
- Indirect losses;
- Damage to products deemed lost or stolen;
- Functional failure of terminal products caused by system and software problems such as self-flashing, upgrading and software poisoning;
- The use of digital accessories that have not obtained the national 3C mandatory certification leads to functional failure of the terminal product;
- In any case, Asita's maximum compensation for the user's losses caused by its liability shall not exceed the amount paid by the user for the purchase of this product .



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 Interferent that may cause undesired operation.

IC Caution.

The 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.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L ' émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d ' Innovation, Sciences et Développement économique 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;
2. L ' appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d ' en compromettre le fonctionnement.

For Treadmill:

RF exposure statement:

The equipment complies with IC Radiation exposure limit set forth for uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

Déclaration d'exposition RF:

L'équipement est conforme à la limite d'exposition aux radiations de la IC établie pour un environnement non contrôlé. Cet équipement doit être installé et utilisé avec une distance minimale de 20 cm entre le radiateur et votre corps.

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux radiations IC CNR-102 établies pour un environnement non contrôlé.

For Bluetooth accessories:

L'appareil a été évalué pour répondre aux exigences générales d'exposition aux RF. Il peut être utilisé en conditions d'exposition portable sans restriction.

FCC Caution.

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.

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 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.

For Treadmill:

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 & your body.

For Bluetooth accessories:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

Warranty Card

Customer Name		Gender	
Mailing address			
Contact number		Post code	
Where to buy			
product name		Product number	
Sales Order Number		serial number	
Dealer Signature		Customer	

With this card warranty
Please note the reservation

Certificate

Product Model: _____

Inspectors: _____

Inspection Date: _____