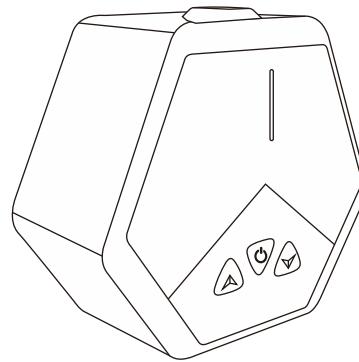


90mm

90X130MM 128克铜版纸黑白印刷, 风琴折

**AVANTGO****ALL IN ONE PORTABLE HOME GYM**  
DIGITAL WEIGHT CABLE RESISTANCE FITNESS MACHINE

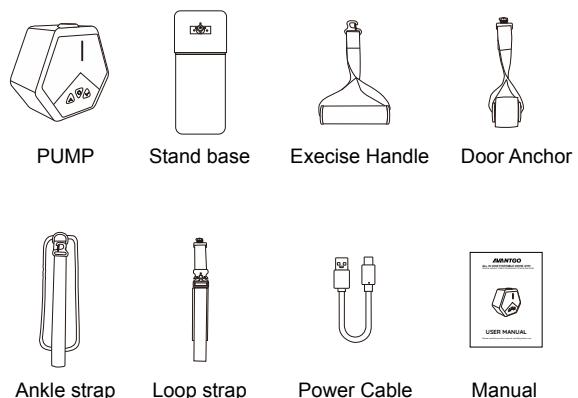
## USER MANUAL

Please read this product manual carefully before use

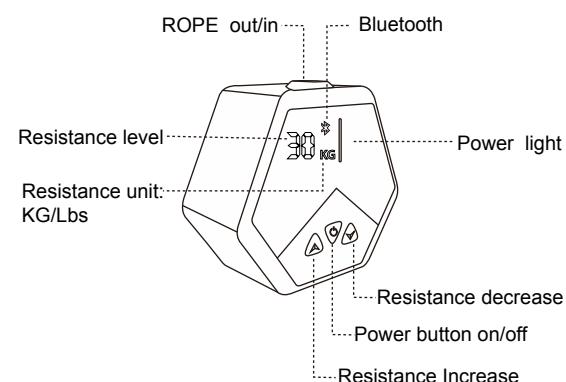
### ⚠️ WARNING!

- Obtain a medical exam before beginning any exercise program.
- Overexercise may result in serious injury or death.
- If you feel faint, dizzy, or have pain stop exercising immediately.
- Most people can safely begin a low-intensity exercise program and slowly increase their efforts over time. Choose activities that would allow you to carry on a conversation, such as: using light weights that are easy for you to lift.

### Package Contents



### Get To Know Your Cable Home Gym



### Specification:

Model: EF-01  
Cable Resistance Range: 7~66Lbs;3~30kg  
Motor Power:150W  
Battery:18V;800Mah  
Input: Type-C DC 5V 2A  
Weight: 2.4Lbs  
Rope Length: 1.4 M, 1.7M with machine and handle

### Charge this product

Before your using this product, please Charge with a compatible power adapter and type-c cable. When the product on charging the led light indicate red color. Fully charging the led light indicate green color.

### Fitness Tips

Please download the App "TT BOT" from GOOGLE PLAY or APPLE STORE, register your account and the follow guide.

### Start up

First short press the power button and when you hear a beep, release it. The product is power on.

### Connect APP

Turn on your phone bluetooth, connect the product app.

### Adjust Restistment

The resistance of this product can be adjust through the APP or machine digital button . The adjustable range is 7~66Lbs. If you want to change unit to KG press until display KG.

### Train video

If you are fitness beginner, we afford a lot of train video on APP. You can easy to follow on doing excise.

### Battery power

The battery power is 100-50% the led light is green color, 50-30% the led light is blue color, 20-0% the led light is red color.

### Turn off

Quick press the power button and release it. The power light is off, it is power off.

### FCC Warning

#### 15.19 Labeling requirements.

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.

#### 15.21 Information to user.

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

#### 15.105 Information to the user.

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.

#### FCC RF Radiation Exposure Statement:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
  2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment.
- This equipment should be installed and operated with minimum distance 5mm between the radiator and your body.

### Customer Service

Thanks for choosing AVANTGO.

Feel free to contact our customer support.

Email: [avantgo@outlook.com](mailto:avantgo@outlook.com)

FCC ID: 2BKTTEF-01



**Made in China**