

UniGym

All-in-One Home Gym System

User Manual

Please read this user manual carefully before using the product



CE Maintenance

1.Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.

2.EUT Operating temperature range: 0° C to 45° C .

3.The device complies with RF specifications when the device used at 20mm from your body.

Declaration of Conformity

Shanghai Rushen Robotics CO., LTD hereby declares that this UniGym All-in-One Home Gym System is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.In accordance with Article 10(2) and Article 10(10),This product is allowed to be used in all EU member states.

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.

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.

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.

ISED Warning

This device contains licence-exempt transmitter(s)/receiver(s) that complywith Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

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Cet appareil contient des émetteurs/récepteurs exemptés de licence qui sont conformes aux flux RSS exemptés de licence d' innovation, sciences et développement économique Canada. Le fonctionnement est soumis aux deux conditions suivantes:

1. Cet appareil ne peut pas causer d' interférences.

2. Ce dispositif doit accepter toute interférence, y compris celle qui peut provoquer un fonctionnement indésirable du dispositif.

Cet équipement est conforme aux limites d' exposition au rayonnement d' innovation, sciences et développement économique Canada établies pour un environnement non contrôlé. Cet équipement doit être installé et utilisé avec une distance minimale de 20cm entre le radiateur et votre corps.

Bluetooth

Bluetooth Module: Single Mode 5.0

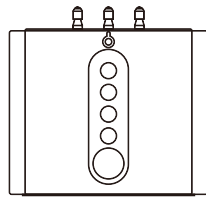
LE: 1M PHY, 2M PHY

Modulation Type: GFSK (Gaussian Frequency Shift Keying)

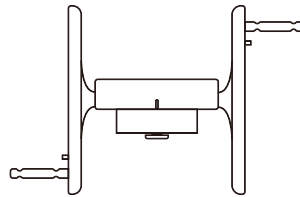
Antenna Type : FPC

Antenna Gain :3.09dBi

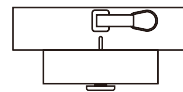
1. Product Composition



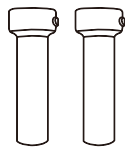
① Main Body



② Rotation Module



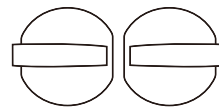
③ Pull Rope Module



④ Arm Cycling Handle



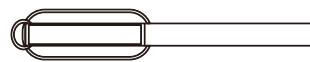
⑤ Forearm Rotation Handle



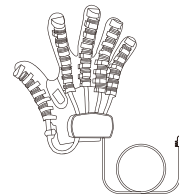
⑥ Foot Pedal



⑦ Pull Rope Handle



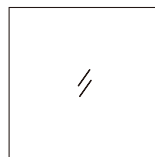
⑧ Ankle Strap



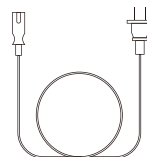
⑨ Pneumatic Glove



⑩ Phone Holder



⑪ Suction Cup Sticker

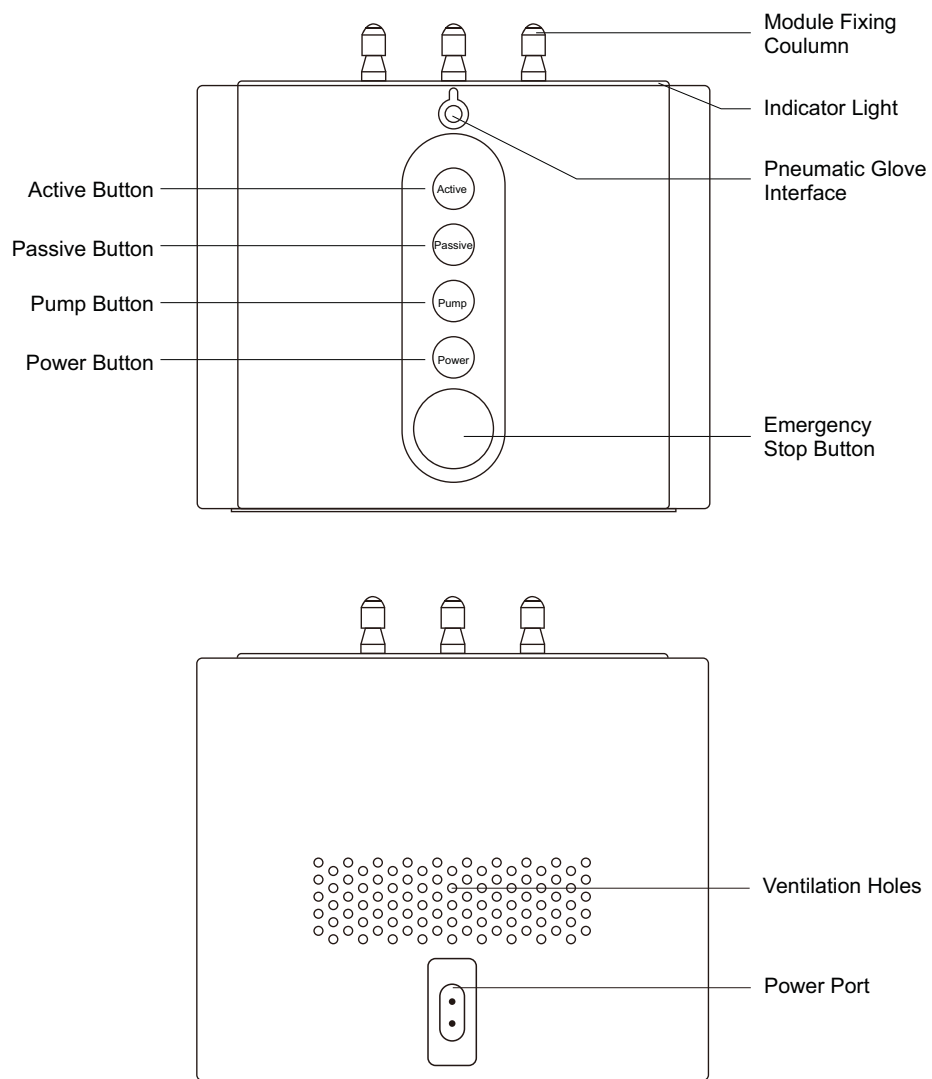


⑫ Power Cable

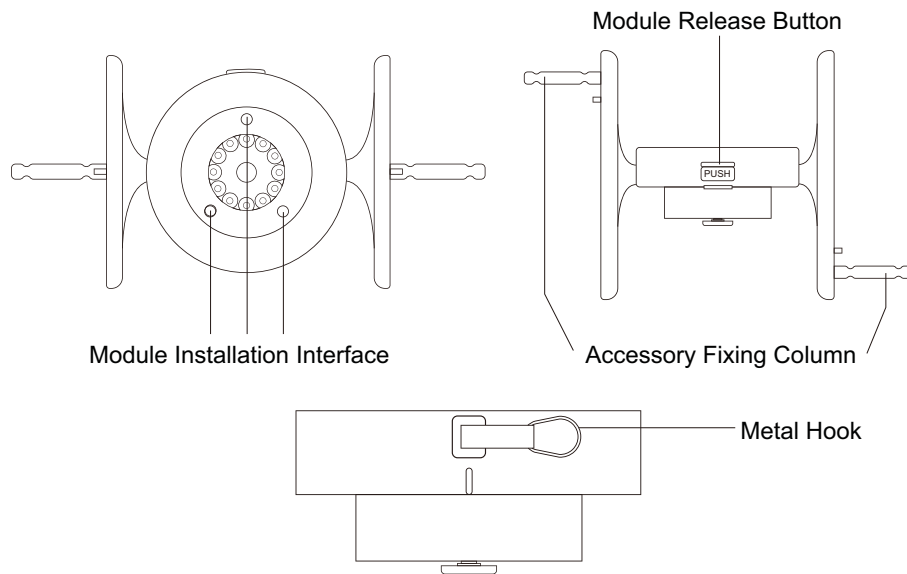
Note: The types and quantities of optional accessories in the package depend on the product configuration package selected by the user when purchasing the product.

2. Button and Interface Description

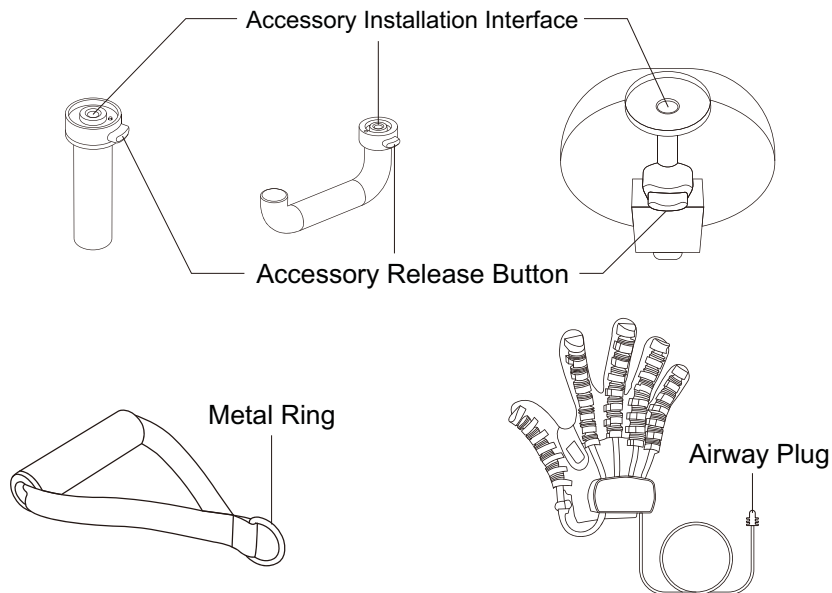
Main Body:



Training Module:



Training Accessories:



3. Instructions for Use

1 Download the UniGym APP

Please scan the QR code o download the UniGym app and register an account.



2 Select the Appropriate Surface

This product must be fixed on a smooth, flat surface for use, such as a table or the floor. The surface area should be at least 30cm x 30cm (12 inches x 12 inches). If using a table, ensure the table is heavy enough or securely fixed to the floor to prevent tipping over during rope training.



For use on non-smooth surfaces: Attach the suction cup sticker to the surface, smooth it out to ensure a tight adhesion, and place the product in the center of the sticker.

3 Powering On the Device

Please insert the power cord before powering on the device.



Press and hold the power button. After hearing a prompt sound, the device will power on, and the indicator light will turn solid blue.



Check the emergency stop button: Before turning on the device, check if the emergency stop button is popped out. If the button is pressed, the device will not power on. Rotate the emergency stop button clockwise to release it, then turn the device on.



4 Fixing the Device

Place the product on a flat surface, ensuring no gaps between the suction cup and the surface (e.g., seams between wooden floors or gaps between solid wood grains).

Press the pump button to secure the device. The indicator light on the button will turn solid once the suction is successful. If suction fails, the device will emit an alarm sound, and the indicator light will flash red. Adjust the suction position or choose a better surface to try again.



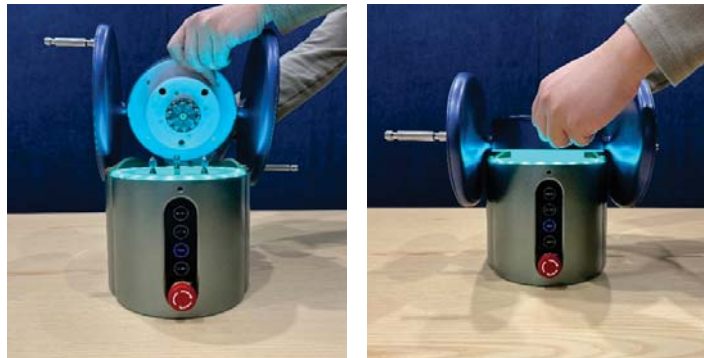
Confirm safety after suction: Test the device by pushing it horizontally or vertically. If the device moves, the suction is not strong enough. Adjust the suction or choose a different surface.

To release the suction cup: Press the pump button again. The suction cup will release, allowing you to move the device.

Note: Except when using the pneumatic glove for training, other modules should only be used once the device is properly secured. Failure to do so may cause damage or injury.

5 Installing Training Modules

Rotation Module or Pull Rope Module: Press and hold the module release button. Hold the edges of the rotation or pull rope module with both hands, align the module with the three fixing columns, press down vertically until you hear a "click," and the module release button pops up, indicating installation is complete.



Pneumatic Glove: Insert the plug of the pneumatic glove into the interface on the device until it is fully seated.



Replacing Modules: Press and hold the module release button, hold the edges of the module, and lift it vertically to detach. Install the new module as needed.

Note: Make sure the correct module is installed for the selected exercise. Incorrect modules will prevent training from starting.

Note: Be cautious not to pinch your hands during installation.

Note: Ensure the plug is fully inserted to avoid air leakage. Also, wear the correct size gloves to ensure effective training.

6 Installing Training Accessories

Rotation Module Accessories: Press and hold the button on the arm cycling handle, forearm rotation handle, or foot pedal, align the accessory with the fixing column on the rotation module, and insert it horizontally until a "click" sound is heard.



Pull Rope Module Accessories: Hook the pull rope handle or ankle strap into the metal hook of the pull rope module to complete the installation.



Note: Always install the correct accessories before training. Incorrect accessories will result in failure.

Note: Be cautious not to pinch your hands during installation.

7 Start Training

Without the APP:

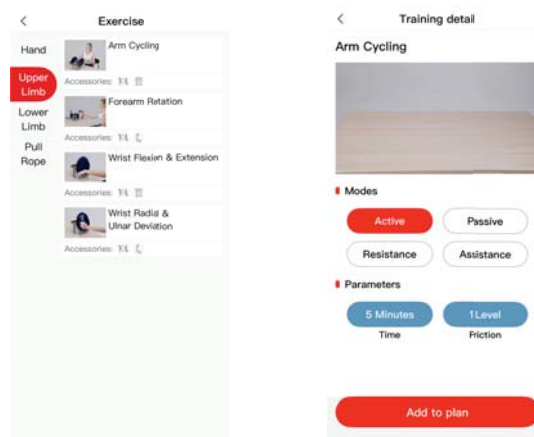
- Rotation Module: Press the active button to start active mode training, press again to stop. Press the passive button to start passive mode, press again to switch direction, and again to stop.



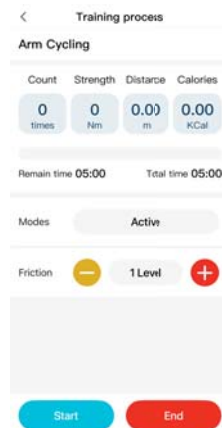
- Pull Rope Module: Press the active button to start resistance mode training, press again to stop.

With with APP:

- Select a training exercise from the exercise library.
- Enter the exercise details page, watch the tutorial, choose the training mode, and set the parameters. Add the exercise to the plan.



- Install the correct training module and accessories.
- Once ready, click the "Start" button to start. You can adjust training parameters during the session.



Note: Set training mode and parameters carefully to avoid injury. Do not apply excessive force during training to avoid damage or injury.

8 Using the Phone Holder

The phone holder can be attached to two positions on the device using magnets. Place your phone or tablet on it for easy viewing during training.



Note: Ensure the phone or tablet does not interfere with the training module or accessories. If the phone or tablet is too heavy or does not fit the holder, use an alternative method to secure it.

9 Modifying Safety Settings

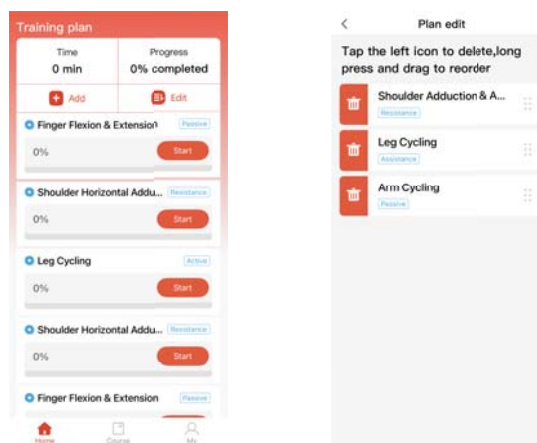
On the 'Me' page, go to 'User Settings' and select 'Safety Settings' to modify spasm detection, maximum speed, and maximum torque thresholds.



Note: Adjust safety settings according to your needs to avoid injury.

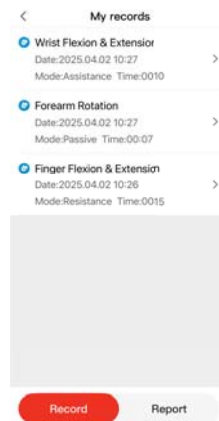
10 Managing Training Plans

Add, sort, or delete exercises and modify training modes/parameters on the 'Plan' page.

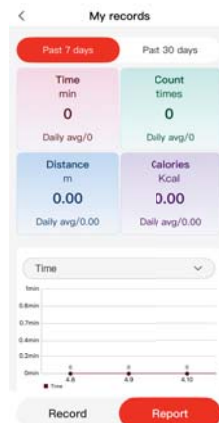


11 Viewing Training Records/Reports

After training, a record will be generated. View saved records on the 'Me' page.



Based on the saved training records, the system will automatically generate a training report to display the training results from the past period. You can switch to the report page at the bottom of the training records page.



12 Powering Off the Device

Press and hold the power button to turn off the device. The indicator light will turn off after an audible prompt.

4. Product Specifications

Name	Parameters
Model	C-1001-P
Max Dimensions	27.1cm*49.2cm*22cm
Suction Cup Diameter	14.7cm
Rotation Diameter	18cm
Pull Rope Length	140cm
Weight	5kg
Pull Rope Resistance Range	2-10kg
Rotation Torque Range	0-7Nm
AC Input	100-240V 47~63Hz
Rated Current	1A

5. Toxic and Hazardous Substances Information

Unit	Restricted Substances and Chemical Symbols					
	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Hexavalent Chromium (Cr6+)	Polybrominated Biphenyls (PBB)	Polybrominated Diphenyl Ethers (PBDE)
Accessories	○	○	○	○	○	○
PCBA	○	○	○	○	○	○
Battery	×	×	○	○	○	○

This table is prepared according to the provisions of SJ/T11364

- : Indicates that the hazardous substance content in all homogeneous materials of the component is below the limit requirement of GB/T 26572-2011.
- ×: Indicates that the hazardous substance content in at least one homogeneous material of the component exceeds the limit requirement of GB/T 26572-2011, and there is no mature alternative in the industry at present.

6. Disclaimer and Warning

Thank you for purchasing the UniGym All-in-One Home Gym System. Before using this product, please read the user manual and this statement carefully. This statement has a significant impact on the safe use of this product and your legal rights. Understand your legal rights, responsibilities, and safety instructions; otherwise, it may lead to property loss, safety incidents, and personal safety hazards. The final interpretation of this document and all related UniGym documents belongs to RobotGym. Updates are subject to change without notice. Please visit the official website <https://www.robot-gym.com/> for the latest product information.

Once you use this product, you are deemed to have understood, recognized, and accepted all terms and contents of this statement. You promise to take full responsibility for using this product and any consequences that may arise. You promise to use this product only for legitimate purposes and agree to these terms and any related policies or guidelines that RobotGym may formulate.

RobotGym is not responsible for any direct or indirect property loss or personal injury caused by the use of this product. Users should follow all safety guidelines mentioned in this document.

7. Safety Information

- Please read all safety information before using this device to ensure correct and safe usage.
- Turn off the power when you stop using the device.
- Do not insert fingers or foreign objects into the device openings to avoid injury.
- Do not block the device openings or touch the cables and ropes during operation to avoid injury.
- The device contains magnets that may interfere with implanted medical devices or personal medical devices such as pacemakers, cochlear implants, hearing aids, etc. If you use these medical devices, please follow the relevant manufacturer's instructions for using this device. Maintain at least 15 cm distance from implanted medical devices when using this device.
- Do not disassemble the device. Incorrect use or improper placement of this product may reduce its lifespan or cause damage, which is not covered by warranty or manufacturer responsibility.
- This product is not waterproof. Do not place it in water, fire, dust, or extreme temperatures (above 45°C or below -20°C).
- Use a dry, soft cloth to clean the device surface. Do not use chemicals, soap, or detergent.
- If improper use or violation of the warnings in the product instructions leads to personal injury or property damage, the user assumes full responsibility, and the company assumes no legal responsibility.
- Non-professionals are strictly prohibited from disassembling this product.
- Avoid strong physical impacts such as dropping, knocking, throwing, trampling, or squeezing.
- If the product (main body, accessories, functions) is damaged, do not use the product, charge, or discharge it.
- Be mindful of your physical condition and refer to professional fitness advice. Exercise scientifically to avoid injury. The company assumes no legal responsibility for such injuries.

8. Warranty Instructions

The Three Guarantees (return, replacement, repair) service is limited to non-human-caused malfunctions within the valid warranty period under normal use. With an invoice and this Three Guarantees certificate, you can enjoy the following services.

- Within 7 days from the date of purchase, if the product has performance failures confirmed by an authorized service center, consumers can choose to return, replace, or repair the product.
- From the 8th to the 15th day from the date of purchase, if the product has performance failures confirmed by an authorized service center, consumers can choose to replace or repair the product.
- Within 1 year from the date of purchase, if the product has performance failures confirmed by an authorized service center, consumers can choose free repair services.

The following situations are not covered by the Three Guarantees (but not limited to these):

- The content on the Three Guarantees certificate does not match the actual product or has been altered.
- The warranty period has expired.
- Faults caused by using non-original parts.
- Beyond the warranty period.
- Damage caused by unauthorized disassembly by non-Roushen Robotics service personnel.
- Damage caused by force majeure such as earthquakes, fires, floods, typhoons, etc.
- Damage caused by failure to use, maintain, or care for the product as required in the user manual.
- No Three Guarantees certificate or valid invoice, and cannot prove the product is within the warranty period.
- Damage caused by improper use by the user (such as dropping, squeezing, immersion in liquid, violent use, etc.).
- If this service policy conflicts with national laws and regulations, the national laws and regulations shall prevail.
- We will adjust our service policy in favor of users based on national policy changes.

Service Phone: (+86) 178-2197-8545

9. Product Warranty Card

Thank you for using the UniGym All-in-One Home Gym System. Please fill in the following information to facilitate our maintenance service.

Dealer Information: _____

.....

Name: _____

Phone: _____

Address: _____

Email: _____

.....

Warranty Content: _____

Warranty Date: _____

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Modulation Type: GFSK (Gaussian Frequency Shift Keying)

Antenna Type : FPC

Antenna Gain :3.09dBi

May the health and happiness be with everyone!

RobotGym GmbH

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Phone: (+49) 177-907-0088

Website: www.robot-gym.com